

# "SACRED YOU"

## A GATHERING OF WOMEN SEEKING THE SWEET SPOT

Join us April 27-29, 2018 at *Three Otters Eco Retreat* in Great Cacapon, WV as we summon, support and share our uniquely wild and wonderful sacred gifts.

*Sacred You* offers an opportunity to explore and nurture your 'Sweet Spot' .... that aligned, resonant place where we courageously love ourselves and boldly live our gifts.



### Why this Women's Retreat is for YOU? To seek answers within yourself:

- What are your gifts? Why did you incarnate? What is your Soul's mission?
- 'Sweet Spot' means different things to different people. What does it mean to you?
- Where in your life are you looking to better align with your gifts, to find your zone?
- What support do you need to find and align with your 'Sweet Spot'?

### What to Expect:

- Opening ritual to welcome and honor **Sacred You**
- Dynamic interactive programs presented by an inspiring faculty of **Wild Women**
- Guided sessions that invite, initiate, honor, and support **Sacred You**
- Joyous movement through dance - out of mind and into spirit **Fire Ceremony**
- The gift of Mother Nature's generous and sacred sensuality **River Reflections**
- A closing ceremony that offers concrete next steps and follow up to support **Sacred You**

**Date:** Friday, April 27<sup>th</sup> arrive by 4pm – Sunday, April September 29<sup>th</sup> ending at 1pm

**Fee & Registration:** \$425 covers workshops, a cozy and comfortable two night retreat stay, 5 delicious meals prepared by a gourmet chef and follow up session. To register contact Lilia Shoshanna Rae at [Lilia@LiliaShoshannaRae.com](mailto:Lilia@LiliaShoshannaRae.com)

## Workshops/Mini Sessions

- Sacred Inner Pharmacy and how to empower your inner healer
- Sacred Food
- Mother Nature's Sacred Sensuality
- Exploring your sweet spot gifts
- Sacred Sexuality
- Wild Women Panel

## Individual and Small Group Sessions:

- Guided Meditation - "The One Thing"
- Small Group Sharing and Support
- Personalized Action Plans
- One Month Reinforcing Follow-up Session

## Faculty:

- Dr. Angela Diop, Naturopathic Doctor
- Gloria Hesseloff, Soul Based Astrologer
- Lilia Shoshanna Rae, Author and Stellar Healing Practitioner
- Dr. Stephany Porter, Naturopathic Doctor
- Dr. Teresa Shattuck, Eco-Therapist



**Where:** Three Otters Eco Retreat is a sacred, healing space supported and nurtured by Mother Nature. Join us in the wildness of nature with the comforts of home and a gourmet chef to cook for you. Learn more at [www.threeotters.com](http://www.threeotters.com) or contact Teresa Shattuck at [teresa@threeotters.com](mailto:teresa@threeotters.com) .