

# Sanctuary Retreat

## Private Sessions

with Karen

I offer private sessions and consultations for those who would like more focused personal attention to issues of wellbeing coming up in their lives.

My role is a witness, holding deep reverence and belief for your Soul's innate healing wisdom and supporting awareness into *Stillness* to listen deeply to the Soul's calling and naturally facilitating energetic attentiveness and your own movement to new levels of understanding, growth and balance in health~ mind/body/spirit.

Honoring my Ancestors and Teachers, my work continues to weave the tapestry of indigenous wisdom traditions that relate health and wellness with rhythms and precious sacred relationship with the natural world. In these sessions the reflection of Nature and deepening relationship with it is sought to feed ones life, understanding that these natural rhythms tie into the Greater Universal flows that surround and interpenetrate us. God/The Universe is infused with intelligence and intention...our Souls are a conduit of this intelligent force into the physical body with unlimited potential if we can step into Remembrance and allow it to unfold.

A "session" is an invitation to step into this greater Field, the Field of all Possibilities ...and gently inquire to body, mind, and spirit and follow the flow of movement. A safe container is created for you so you can gently discover and confront the unconscious and habitual patterns that no longer serve you and cultivate new ones.

You will be encouraged to develop a sacred personal practice to feed your Soul, using creativity as a healing tool, cultivating self awareness and self honor, and Soul expression.

The focus in these sessions is not the "dis-ease" ...rather you will be encouraged to listen to your health and the wisdom and life-Force within you that naturally wants to take one to healing.

- **1<sup>st</sup> session** - A complimentary session is offered for you to experience this process and see & feel if it's harmonious with your self, cycle and rhythms at this time.

- **Return sessions- \$33 for 1.5 hours**

- I also offer “**Sauna Sessions**” [wood fired]. Saunas are traditionally used for purifying, detoxification, cleansing, relaxation and healing ...I expand on this and carry on the tradition of ancient cultures like the Mayan peoples where the sweat bath, a sacred ceremonial cave or temple was used to purify mind, body and soul. I’ve developed a way to use the sauna as a tool for deep inner meditation and healing, honoring the elements of earth, fire, water, and air and using plant medicine through use of essential oils. In these sessions the Earth as the Great Mother, and her gifts, are celebrated and honored as medicine following in the footsteps of indigenous traditions. The process becomes a personal ceremony and meditation to seek illumination, and rebirth...to release old patterns, beliefs, and emotional blocks that no longer serve one and allow insights to organically rise and blossom. Reverent prayer is woven into the process to ignite your own Soul Remembrance to guide your path.

\*To empower you I ask you to guide heat and temperature needs in the sauna. The heat in both the sauna and hot tub retreat offerings can be detrimental to conditions such as high blood pressure, diabetes, etc. Please consult with your medical doctor if this is appropriate for you.

**Care for the Soul – Co-cooning ~ Private session retreat – 3.5 hours**

This process was introduced in spring 2011 as a group retreat and the depth, beauty, and growth it drew out of participants was humbling and incredibly inspiring! It is now offered in private sessions. (group retreats see Programs page on website [www.SanctuaryRetreat.com](http://www.SanctuaryRetreat.com))

We use Nature as Reflection and Teacher ...and enter the realm of caterpillar and butterfly for personal healing & transformation. Using meditation, visualization, symbology, visioning, art therapy, and harmonious energetic resonance you are guided and supported deeply into Self and Soul to ask...what is asking for transformation and rebirth? ...and then you are inspired to create a vehicle to express your rebirth! This retreat continues as a 30 day process that can extend as long as you wish & need. Included you will receive a weekly email support message and are offered email, phone or personal support during the 30 day process.

This is deep Soul midwifery, inner/outer personal work that can be applied to a variety of situations... ie. pre-conception ~ pregnancy & birth ~ personal growth or passages ~ illness or injury ~ hospice care ~ death & crossing over ~ rebirth

It is gentle and can be used with all ages. In private sessions it can be offered to children or as a parent and child process.

**Disclaimer:**

Spiritual and emotional support, consultation, healing and energy work are not a substitute for conventional medical treatment. If you have a serious health imbalance please see a Doctor or other appropriate professional, and make complementary healing part of a complete health care program. This holistic healing work is based on spirituality. Those taking part in holistic healing sessions, retreats or consultations, acknowledge that this work is primarily faith-based and are willing to participate and learn for their own personal growth and their own soul led spiritual healing.

Karen respects the multi-faceted needs of the body in healing and is happy to work with your caregiver or doctor to co-create a health and wellness package or program that supports mind, body and soul.

**Contact:**

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**[www.SanctuaryRetreat.com](http://www.SanctuaryRetreat.com)**