

Mount Shasta Spiritual Retreat

Reclaim your Power

The Spiritual Healing Retreat is truly an intuitive experience. The retreat is 4 hours of activities and spiritual healing to connect you more deeply to your source.

You can do **1 day or multiple days**. Multiple days will help **deepen** your experience or address individuals needs if you are coming as a group.



11 am - 3 pm

Day 1 Example

- Hike to Sacred Site
- Spiritual Healing Session at Mount Shasta
- Sound Healing
- Intuitive Coaching

Day 2 Example

- Hike to another Sacred Site
- Qigong Meditation at Mount Shasta
- Automatic Writing - Practice receiving message from Spiritual Guides or your Source
- Breathing exercises

Day 3 Example

- Yin Yoga at a Sacred Site
- Q & A with IAM - Shawngela's Spiritual Guides
- Spiritual Healing Session

Continued Support

We are committed to helping you along your spiritual journey during your retreat and more importantly when you return home. Everyone who attends a retreat, will receive a **Spiritual Guidance Workbook** to assist them on their spiritual journey. The workbook will have activities that will set your foundation for connecting with your source during and after the retreat.

