

Discover your deepest limiting beliefs...and rewrite them.

Create an inspiration oracle deck of your own.

Learn the truth about who you are and how the Universe works.

Experience The Soul Messages© Retreat

at Sea Nest on Herrick Bay in beautiful Brooklin, Maine

Friday, October 9 at 7 pm through Sunday, October 11 at 12 pm

Take time out to nurture, heal, and grow your vision; define your next steps; and empower yourself to transcend your unconscious limitations.

The weekend will include:

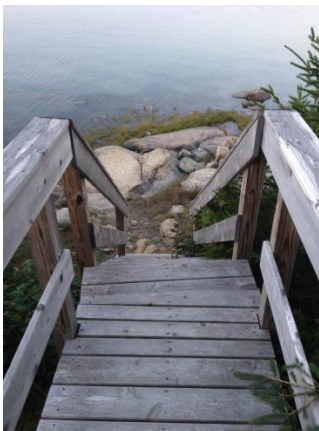
- A **guided process** for uncovering your limiting beliefs and turning them into **healing messages** for healing at the deepest levels
- **Energy Work** • **Sound Healing** • **Body Art** • **Movement** • **Drumming** • **Creating Art**
- **Healing Ceremony** • **Wholesome Meals** • Time to **process, relax, meditate, receive**
- A follow-up **coaching session** after the weekend with one of the two facilitators, included in the fee.

All at a gorgeous seaside location!

Cost is only \$300 for the weekend, including meals and lodging.

***Register with a friend and get a discount (\$285 per person)*

Space is limited; please pre-register by Oct. 2. For more information, contact Eileen at (207) 441-2785 or eileen.mielenhausen@gmail.com



Facilitators:

Phyllis Capanna, M.A., OTR/L, creator of Soul Messages: Lavish Love Notes for the Soul, writer, facilitator, workshop leader and musician. For more information visit www.phylliscapanna.com

Eileen Mielenhausen, M.A., Healing & Expressive Arts Retreats of Maine and BeamingLight Coaching, Reiki, and Sound Healing is a teacher, drummer, writer, community organizer, and healing guide. For more info: beaminglightcoaching.com

Find us on Facebook at Healing and Expressive Arts Retreats of Maine