

# RETREAT

take a look from a new perspective



# 4 Day Retreat

## Mind Body Business

### Retreat Packages

#Theme: #SpiritualGrowth is always the underlying theme for all retreats, personal workshops and growth experience activities. It is often nice to have a niche theme to assist with the focus of your idea growth pattern.

### Business Focus



- Are you ready to experience **abundance**? It is time to identify and understand the blocks that are currently in your path. By clearing out the old energy that is within you make room for great things to come into your life. We must clear out the areas that require our attention to be able to move forward in much more graceful and peaceful manner, this goes for business too!
- **Mindful actions** and **meditation** are a great way to begin to move forward to leading your business from your heart rather than your head. This is an interesting concept but it works folks. You will be offered tangible tools to assist in your every day activities.
- Everything in business is personal... there is no line. Together we will learn to access and utilize the tools we have been given to create great things. We will learn to use our energy wisely. It is important to understand the energy relationship of your business and yourself, if you want to be successful. Your energy is a part of your biz, and you a part of it, is a part of you. It's all ONE.

- Have you hit a **stalemate** in your biz? Are you at the top and it's still not filling your needs and wants? Experience working with the Chakra systems to help align and interconnect with your energy in a whole new and balanced way. Get things flowing for you and your company.
- Book writer? Is there a book within you? Do you have something to offer the world? Do your words matter to you so deeply that you want to share them? Let's get you writing and on your way!



- Are you ready for the next giant step to be presented to you? Is it time for you to take that leap in your business but you are not at all sure on what that is? Let's get your energy flowing in such a way that your intuition and idea station is open for biz!
- How can you move forward in a positive way with clear intentions? Energy Maintenance can take care of that for sure. Everyone needs a little boost or refresh to get their creative business juices flowing in a new clear direction. Get your energy pampered! You were meant to shine. Treat your energy as such!

## Energy Balancing Workshops

We will use sound, color, crystals, and many other spiritual and natural energy medicine modalities to create an atmosphere that allows for you to be charge of your own personal healing experience. All workshops are interactive with group participation. The more you put into the experience the you will receive and grow from it.

- **Chakra System & Balancing** Learn about the chakra and how they are connected to your business and finances. Learn to use this form of clearing as a tool for you and your team or employees. Balancing your chakra will assist in retrieving your normal balanced and peaceful state to receive new ideas. Learn tips and tools to use in your everyday life at home and in your daily work environment. Feel represented, peaceful, and even grounded after a chakra maintenance. This is a great tool for maximum work level experience.
- **Breathwork Abundance Experience.** Calling in and creating new areas for abundance to enter into your life and your business. Get really clear on what it is you want and how it would feel to have it. We store a lot of old every in our body. It starts when we are born and then we pick up a lot in childhood. You'd be amazed, clear out that junk in the trunk and you can carry a big load of abundance pretty easily!
- **Clarity & Communication Workshop.** Meditation and affirmations to set



and clearly see and receive information, signs and guidance to a more abundant and creative life. Speaking your truth and stepping out is not as easy as it may appear to an onlooker. Being different or taking risk is a venerable place to put yourself. Sometime out truth looks a little crazy to others and it may be hard to express. What does your success look like? Clarity is golden in business.



## Sample Example:

Day #1

**Buddhist Stupa Meditation & Intention Ceremony**

*Connect with Land: Sedona*

**Workshop:**

**Building Your Toolbox**

**Clarity & Communication**

**Dinner**

**Drumming & Fire Ceremony**

*Meditation and Release*

Day #2

**Light Hike/Meditation Sedona**

*AM Meditation and Energetic Wake Up*

**Breakfast**

**Business Energy Workshop:**

**Chakra Workshop**

**Grounding:**

**Walk outside connect with nature, sunshine,  
stretch.**

**Journaling & Auto Writing:**

*Automatic writing and clearing exercise*

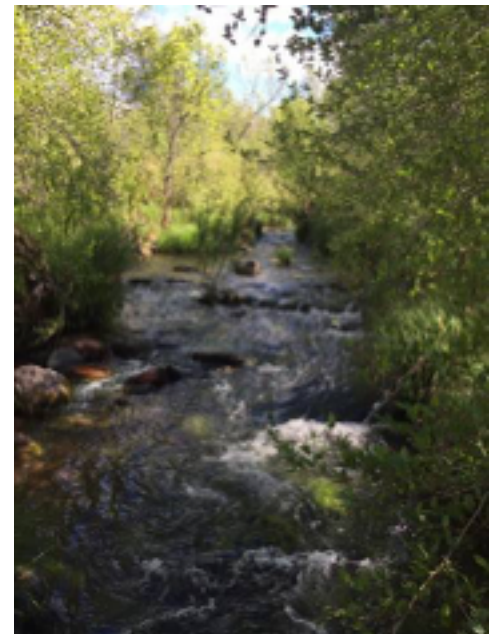
**Explore Sedona Vortex**

**Nutritional Wellness Evening Event**

*Guest Speaker- Nutritional Coach*

*Eating for the Chakra System*

**Dinner**



On Day #3 enjoy Angel Valley Arizona!



**Here is what participants are saying:**

**"Loved it! I felt peace, joy & ease throughout our day's activities and a wonderful connection to the Magical, Blessed & Loving Space! Grateful for your hosting this venue & enjoyed playing with all who participated! Namaste~"**

Lisa Nicole is a Holistic Mind Body Spirit Practitioner, ready to serve YOU. You are guaranteed to have fun and heal at the same time!

This amazing offering is for you to become more connected with YOU through the guidance of your own angels. The Archangels are our guides to healing ourselves and having Abundant lives filled with Joy, Love and Peace.

Allow the magical energy of Sedona to help you release any energy that's no longer serving you.



This is a special place where you can take the opportunity to commune with your Creator, in nature's glory. You will receive upgrades and attunements that you are ready to accept at this present point in your journey.



**See more pics & Video <http://www.lisanicole.net/retreats.html>**

This retreat and workshop experience is lead by Lisa Nicole, Intuitive and Guide. You will meet up in Northern AZ to experience the energetic vortexes in red rock Sedona. This event will be hosted near and in the beautiful surroundings of Angel Valley. The land is spiritual and knowledgable. You will have an opportunity to walk labyrinths, use a drum and medicine wheel, connect with the archangels through the use of portals, and sacred spaces. The presence of the Archangels Energy is exceptional at Angel Valley. This property is outstanding and the experiences are generally amazing.

- bring water
- small cooler of snacks/meals  
( AV requests no meat on property, please)
- dress comfy in layers
- light hiking (SUPER light hiking)
- light perfume if any, we will be in nature and there are bugs :)
- Hats and Sunscreen, a light blanket to sit on. ( We will have indoor space for group work as well)



- You will open up to new ideas and new vibrations. We will be healing old patterns and recalibrating you with new perspectives.
- You will connect with Angels, Guides, Star Families and Mother Earth. Strengthening your own intuitive healing abilities.
- Receive materials, ideas and tools to remind and help guide you when you move into your life with this new vibration.
- You will shift your vibration to one of a higher level of receptivity. enabling you to receive the gifts the Universe has to offer

- You will be immersed with the idea and feeling of self love and acceptance. allow you to open your heart fully to your Joy and passions.
- Experience the transformational work of Angelic Shamanic Breathework guided by Lisa Nicole. Along with Sacred Drumming sound healing.
- Personal time for prayer, mediation, reflection and gratitude will be available.

## 4 DAY RETREAT

SEDONA ARIZONA 2018

Start Time	Time Blocks
8:00 AM	1h

TIME	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM				
9:00 AM		Light Hike/Meditation Sedona/Breakfast	Light Hike/Meditation Sedona/Breakfast	Explore Sedona Angel Valley
10:00 AM		AM Meditation and Energetic Wake Up	AM Meditation and Energetic Wake Up	
11:00 AM	<b>Buddhist Stupa Meditation &amp; Intention Ceremony</b>		<b>Explore Sedona Vortex (Helicopter, Jeep Tour...)</b>	<b>Business Energy Workshop:</b>
12:00 PM	Connect with Land: Sedona	<b>Business Energy Workshop: Chakra Workshop</b>		<b>Breathwork Business Intention</b>
1:00 PM		<b>Grounding: Automatic writing and clearing exercise</b>		<b>Meditation</b>
2:00 PM	<b>Building Your Toolbox</b>	<b>Explore Sedona Vortex</b>		<b>Labyrinth Walk</b>
3:00 PM	<b>Clarity &amp; Communication</b>			<b>Photos &amp; Marketing Session</b>
4:00 PM				
5:00 PM			<b>Group Circle Share: Business is Personal</b>	
6:00 PM	<b>Dinner</b>	<b>Nutritional Wellness Evening Event</b>	<b>Dinner</b>	
7:00 PM		Dinner W Guest Speaker- Nutritional Coach		<b>Dinner</b>
8:00 PM	<b>Drumming &amp; Fire Ceremony</b>	Eating for the Chakra System	<b>Paint, Vision Board / Create Project</b>	<b>Fire Ceremony/ Night Drum</b>
9:00 PM	Meditation and Release			



Lisa Nicole  
February 2, 2018