

J  
U  
N  
E  
  
R  
E  
T  
R  
E  
A  
T



Photo credit: [thewildsacredfemine.com](http://thewildsacredfemine.com)

June 16-18, 2023, Bucks County, PA

The combined medicine of sharing sacred space is a potent antidote to the effect this fast paced world takes on the quality of our lives.

### What we will do:

A combination of traditional wisdom practices, movement, breath work, mantra, meditation, creative work for spiritual healing and transformation. We come together to take a pause from the routine of everyday life, to restore, connect with our spirits and find balance and reawaken our deepest knowings.

### Why & Who might want to consider this experience:

- You feel disconnected at times
- You long to deepen your spiritual awareness and connection
- You sometimes have nagging physical symptoms that come and go
- You sometimes feel blocked in relationships or making progress
- You are often too busy to consider taking time for yourself
- You yearn to feel nourished, cleansed, relaxed and refocused
- A deeply nourishing experience, connecting with yourself, like minded women, and sacred ceremony
- Stories, wisdom, soul journeying, ritual, and ceremony
- Breath practices to help let go and re-inform your body
- Movement, leaning into a new way of understanding your body somatically
- Learning to reset your body's fight or flight response
- Take home practices to sustain a newly energized you
- Delicious, healthy, organic natural meals
- Friendship, camaraderie, deep listening.

### What you will receive:

- An energetic reset, releasing anxiety and restoring ease

Cost \$675.00

\$600 if paid in full by May 1. \$625 if paid in full by May 15  
Installments \$225 on April 15, \$225 on May 15, \$225 on June 1

*\$100 non-refundable deposit to hold your space. \* Does not include transportation or lodging.*

Contact: 215-534-5114 or email, [ogdenkruger@gmail.com](mailto:ogdenkruger@gmail.com)