

***Soul Retreat by the Sea***  
Dune Road, Westhampton Beach NY  
**Saturday Nov 5<sup>th</sup> & Sunday Nov 6<sup>th</sup>**



**Soul Collage® ~ Burning Bowl ~ Past Life Meditation ~ Past Life Reading**

Saturday will begin with **Soul Collage®** facilitated by Bridget & Darah Salmaggi RMT. SoulCollage is a creative and therapeutic process in which images are combined by the interplay of intuition & imagination to create personalized guidance cards. Each card represents an aspect of the self, an archetypal energy or a person who is important in our life. No artistic talent needed to participate. This process is a wonderful tool for teachers, therapists and personally for soul reflection. When we acknowledge all of our varied parts we are encouraged to accept and integrate them. We will use this active meditation process to prepare ourselves for the journey on Sunday. For more details about SoulCollage see SoulCollage.com

***When the Soul wishes to experience something she throws an image of the experience before her and enters into her own image. Meister Eckart***

Saturday Evening - guests will be invited to participate in a modern day version of the Burning Bowl Process. A ancient tradition that helps facilitate the letting go of people, places and things that we find to be unsupportive. We will incorporate Reiki ~ A Japanese Relaxation technique that helps promote healing ~ Meditation and Aromatherapy. Free time will be available to walk on the beach or by the bay. On Sunday morning guests will be afforded an opportunity to share in Morning Meditation on the Beach. Our formal Sunday activities will begin at 11:00 with a **Past Life Meditation** facilitated by Kathie Lipinski. Kathie is a Holistic Nurse, Reiki Master Teacher and Certified Hypnotist. Kathie trained with Brian Weiss, author of "Many Lives, Many Masters." Have you ever wondered if you've lived before? Have you ever wondered why you are having certain life experiences? Have you ever wondered if you shared a previous life with someone you know? Past lives are building blocks of who we are today. They are the archives of our soul. Past life regression is the process of going back into a previous lifetime through your unconscious mind while you are in a relaxed self-hypnotic state. It unlocks valuable information stored in the subconscious mind and provides a person with greater understanding of possible causes of relationship difficulties, health issues, fears or phobias. The meditation will be followed by a **Past Life Gallery Reading** by Psychic Medium and Spiritual Advisor Janet Sharp. It is Janet's desire to use her intuitive ability to help clarify complex situations in your present life, and help you gain insight into the future.

Room Rates include: Overnight accommodations all meals & All Workshops & Reading.

*King size room with balcony & private bath \$450      Queen size bed with balcony \$400*  
*Sleeping Bag accommodations \$200      Day Guests \$125 or \$175 for both (meals included)*  
*(If room sharing \$150 for each additional person in room)*

*Reservations and non-refundable deposit required-Please advise us of any dietary restrictions*  
*WellnessandReiki.com or 631-672-5265 Bridget Salmaggi*  
*No prior experience necessary to participate in this weekend*