LOVE~IN

Rejuvenate the Soul One Day Retreat

February 14, 2015: Valentine's Day for Self-love

Enter into a guided one day retreat for self-nourishment and rejuvenation. Expert guides will bring you through a day of refreshing the mind, body, and soul, cultivating a space of open hearted love and compassion. Combining in new ways Sound Healing, Breathwork, Massage, sacred ancient Chanting invoking the sweet love of self and the Divine, gentle time with Horses (weather permitting), and Guided Meditation for replenishment, all on a beautiful ranch overlooking the Laguna.







Time: 10am – 4pm

Cost: $140 includes lunch by 2/7/15, $150 after

RSVP: Mardi (707) 872-5577

Aubrey (707) 331-5615

Travis (707) 872-5477

Your Guides:

Aubrey Degnan, Ph.D. , has 40 years of experience in Transpersonal Psychology, trauma debriefing, community issues, East and West consciousness studies, healing, crisis intervention. Published Author "Luminous, the Soul's Journey to Enlightenment". **www.DrAubrey.net**

Mardi Storm has over 12 years of experience offering healing work through Awake! Breathwork and Bodywork, teaching transformational programs. She is a published Artist and enjoys igniting creativity in others with Soul Painting. **www.awakentoyourdeeperself.com**

Travis Wernet has over 20 years experience offering Dream Work, certified by leaders in the field. He is a Sound Healer and has produced several cd's. He is a published author, and is working on a full length book. **www.thedreamingsource.com**