RETURN TO WHOLENESS

A Health & Wellness & Raw Food Retreat

May 14 & 15

Align body, mind & spirit
& Activate your authentic power

At THE NEST, Woodstock NY
A magical Sanctuary
on 23 acres of sacred land
of forest, creeks, mountains,
gardens & flowers

ORGANIC GOURMET RAW CUISINE

WORKSHOPS ON:

- Natural Healing
- Cellular Detox
- Wholistic Nutrition
- Gut & Microbiome
- Yoga/Meditation/Breathwork
- Shadow work
- Sacred Cacao Ceremony
- Sound Bath
- Sauna & Cold Plunge
- Fire circle
- Community

DETAILS: SABINA1111@PROTONMAIL.COM

Are you ready for your next level Health & Vitality & Empowerment?
And to let go of what no longer serves you and rise in to your fullest expansion?

Then this is for you

A WEEKEND IMMERSION IN NATURE'S SACRED SANCTUARY
& RESET EXPERIENCE FOR BODY, MIND & SPIRIT
WITH GOURMET ORGANIC RAW CUISINE

INCREASE YOUR ENERGY
ACTIVATE YOUR VITAL LIFE FORCE
CREATE BALANCE & CLARITY
RECONNECT TO YOUR NATURAL RHYTHM
LEARN HOW TO ACTIVATE YOUR BODY'S SELF HEALING MECHANISM
WHAT ARE THE VARIOUS WAYS FOR CELLULAR DETOX
NATURAL HEALING MODALITIES & LONGEVITY TOOLS
PRACTICE MINDFULNESS & SELF-EXPRESSION
MASTER YOUR EMOTIONS AND TURN YOUR TRIGGERS INTO TREASURES
RETURN TO YOUR NATURAL STATE OF INNER PEACE & DEEP JOY

Relieve stress & release blockages so you gain the freedom to embrace your most courageous Self.
Liberate your body, mind & spirit from fear & limitations so you can revel in the natural bliss & creativity that is longing to be expressed
Enjoy the beauty & magic of Mother Nature in her purest form.
Immerse yourself in a loving community where you are nourished, held and supported.

The free flow of love is available for you...

THE NEST

You will be immersed in a 23-acre oasis THE NEST,
This enchanted mountainside forest venue is a few minutes from Woodstock and it is the perfect setting to experience deep healing, & rejuvenation embraced by nature.
While staying here you will enjoy our nature paths, our creeks, flower gardens, sauna & ice bath, stunning views and delicious & nutritious meals by our Raw Vegan Chef.

Workshop Space

All workshops & classed are offered in this beautiful light filled space with spectacular views Into Mother Nature's beauty

More info on The Nest:
https://www.eskffnest.com/

NATURAL HEALING & WHOLISTIC NUTRITION & CELLULAR DETOX
SHADOW WORK & ARCHETYPES & EMOTIONAL MASTERY
SABINA KURZ

Sabina has devoted her life to Healing, Transformation & Self-Empowerment and to support others on their path to wholeness to unlock the fullness of all they are. Being confronted from an early age with many health challenges, at the age of 19 she embarked on a journey of profound self-healing with Natural Healing modalities. This has led to a grander mission of sharing this holistic approach she explored on herself so others can experience the same miraculous results. Sabina has healed herself from Lyme Disease, two knee injuries, all childhood illnesses and many emotional challenges.

Sabina offers 1:1 coaching and group programs on Cellular Detox, Shadow work, Emotional Mastery and Soul Purpose. She has been leading monthly Juicing & Fasting groups online and has served beings in 5 continents and 18 countries. Sabina also offers in-person workshops on Natural Healing and Ceremonies with Sacred Cacao, Divine Feminine Circles and Fire Circles. All offerings are based on Sabina's own deep inner work and research over 25 years from the immense wealth of teachings she received from many masters & healers as well as from the wisdom of many ancient traditions. Sabina is a Certified Wholistic Health & Transformation Coach and stands for medical freedom, bodily sovereignty & visionary leadership. She trusts the healer lies within and is here to guide others to facilitate their own healing and support them unlocking the powers within.
www.sabinakurz.com

GOURMET ORGANIC RAW FOOD CUISINE
RAFAELE LAVOIE

As far as I can remember ,I have been in the kitchen, learning and practicing the art of healthy creative food preparation. I grew up in a family where everyone contributed to making wholesome, pure food at home; and we all worked together in the vegetarian, organic bakery my parents owned. I understood my calling when I started to cater for holistic group retreats and festivals I was participating in. Preparing nourishing food for a group of people engaged in a transformative process is deeply satisfying for me; both for the positive contribution to the group process itself, as well as for the inspiration that I see people receive from it to fundamentally change their relationship with food when they return home. Over the years, I cultivated extensive knowledge and experience working with the subtleties of health and balance ,exploring and integrating macrobiotic principles, gourmet vegan and raw food cuisine, and juicing. I have been a primary creator and chef of several beautiful vegetarian food projects in the Ottawa, Canada region; including Cafe Gaia, the Wild Oat bakery and cafe, the Depanneur Sylvestre community kitchen, and my most recent project, La belle Verte Raw and Vegan restaurant. I have also catered for many community events and gatherings. Just like I love to paint, to dance, to sing, and to play music, preparing food is a process of creativity that I love to share with others as we rejoice in the miraculous abundance of taste, smells, shapes, colors, textures and vibrance of the best ingredients that support health and vitality of the sacred temple of our bodies.

RAFAELE'S RAW CREATIONS

YOGA
MEDITATION
BREATHWORK
BY SHIHO TANAKA

Born and rasied in Tokyo, Japan. Shiho has been a dedicated yoga practitioner for 20 years and Shiho began her yoga journey with her mother in Tokyo. Following her move to New York, Shiho has been fortunate to practice various styles of yoga; including Vinyasa, Ashtanga, Hatha, and Jivamukti method. She thanks to her teachers for the endless inspiration and the desire to create an ever expanding depth in the practice.

SOUND HEALING
JENNIFER DIGNON

Jennifer's initial dedication to lovingly serve as a Yoga Therapist began to naturally include sound therapy by 2013. Jennifer had the honor to attend trainings with Dr. John Beaulieu and several other respected masters exposing her to the healing energy of tuning forks, gongs, Tibetan bowls, and crystal bowls. Jennifer has also used mantra vibrations for healing purposes for 20 years as part of her yoga journey and service to others.

During meditations, and eventually her sound healing trainings, Jennifer became aware of her deep connection with sound. She can feel sound vibration responses to blocks in a person's energetic and physical body. Along with other intuitive abilities, these sound responses direct Jennifer's work and ability to offer optimal healing opportunities for those she serves. Jennifer's Sound Healing sessions bring balance to the nervous systems and create new neurological networks. This work is beneficial to anyone, especially those with anxiety, PTSD, autism, mood disorders, depression and neurological disorders.

For more information about Jennifer's Sound Therapy work, Conscious Support Method, private sessions, small group classes and workshops please visit heartchildyoga.com, or follow her on instragram @peaceofheaven777

Jennifer is avaiable for private sessions all weekend

PRICING OPTIONS

2 NIGHTS $599
3 NIGHTS $666

SINGLE ROOM, ADDITIONAL $99 PER NIGHT

EARLY BIRD UNTIL MARCH 31
2 NIGHTS $555
3 NIGHTS $599

This includes all meals & drinks for Sat & Sun, all workshops, classes and ceremonies and accommodation in shared occupancy

You have the option to arrive Friday night or Saturday morning by 9 am,

You can leave either Sunday night after the closing ceremony or Monday morning by 10 am

No meals are provided Friday night and Monday morning

CLASSES & WORKSHOP OFFERED:

Natural Healing
Cellular Detox
Wholistic Nutrition & Raw Plant based living
Longevity tools
Yoga/Meditation/Breathwork
5 Rhythm Dance
Shadow work & Archetypes & Emotional Mastery
Sacred Cacao Ceremony
Sound Bath with Crystal bowls and Tibetan singing bowls
& Tuning Fork Energy Alignment
Sauna & Cold Plunge
Welcome Circle
Fire circle & Sharing
Community & Authentic Connections
Joy & Laughter

SATURDAY MAY 14

9 am meet & greet with fresh juice/ smoothie

10 am opening circle
followed by 5 Rhythm Dance

Noon Lunch

1-3:30 SABINA /Natural Healing
Wholistic Nutrition & Plant Based Living
How is dis-ease created and how can the body heal itself
Nature based tools & Longevity Modalities
Q & A

4 – 5:45 SHIHO: Yoga/Meditation/Breathwork

6 pm Dinner

8-10 JENNIFER & SABINA
Cacao Ceremony & Sound Healing
& Tuning Fork Energy Alignment

SUNDAY, MAY 15

8-9:45 SHIHO: YOGA/MEDITATION/BREATHWORK

10 BREAKFAST

11-12:45 SABINA
CELLULAR DETOX
JUICING / WATER FASTING / DRY FASTING
Q & A

1 LUNCH

2-4 SHADOW WORK & ARCHETYPES & EMOTIONAL MASTERY

SAUNA & ICE BATHS
RELAX & PLAY

5:30 pm DINNER

6:30 - 8 PM - FIRE CEREMONY & CLOSING CIRCLE

OPTIONS FOR SUNDAY NIGHT DEPARTURE
OR MONDAY MORNING BY 10 AM

THE ROOMS

THE LAND

DINING AREA & KITCHEN

WE LOOK FORWARD TO SERVE YOU...

ARE YOU CALLED TO EMBARK ON THIS JOURNEY?
THEN PLEASE REACH OUT.

FOR QUESTIONS & BOOKINGS:

SABINA1111@PROTONMAIL.COM

WWW.SABINAKURZ.COM