

Connecting to the Light Within Us: A Journey into the Heart

June 21st-24th



Join us on the peaceful waterfront at gorgeous Liminia Renewal Center in Searsport Maine, for a soul nourishing 4 day, 3-night retreat co-lead by JoAnn Dowe, Shamanic Practitioner and Energy Healer and Wendi O'Neill, Reiki Master Teacher, Sound Healer, and Yoga Instructor.



Limina sits on the sacred homeland of the Penobscot Nation. Here we connect with the elements, the spirits of the land, our beloved guides and the energies of full moon and summer solstice to dive deeply into our hearts and cleanse, renew and replenish our own light. Held in universal love and lifted by the magic of Liminia, we will bathe in self-compassion, self-worth, self-acceptance releasing old stories, beliefs, and pain, rebirthing ourselves in the waters of the Penobscot Bay.

Elements of this retreat include guided meditations, shamanic healing and drumming, sound baths, yoga, dance, full moon fire ceremony, despacho ceremony, and dedicated time for quiet reflection, sauna/cold plunge, biomat treatments, and nature immersion.

Limina Renewal Center, www.liminarenewal.com, is a stunning new retreat space offering 1,000' of water frontage, 15 acres of serene grounds and nature trails, a labyrinth, gorgeous waterview rooms, luxurious bathrooms, comfy inviting gathering spaces, a spacious yoga/mediation room, sauna and exercise room, an amethyst biomat room and 3 delicious love filled meals and snacks each day. (9 meals total)

~ Please see the attached flyer for inclusive prices.



JoAnn Dowe, www.innerstillnesshealing.com

~ To secure a space, send a \$200 deposit (refundable until April 1st). Venmo, paypal and credit cards accepted.

~ Please indicate which room and if you will be sharing with a friend.

~for questions and to secure your room, email JoAnn at joythroughealing@gmail.com



Wendi O'Neill,
www.soulsarkhealing.com