



*Sister Heart
Circles*

CUSTOM RETREAT & DAYTREAT GUIDE

WWW.SISTERHEARTCIRCLES.ORG

At some point, most people reach a place where life, as they know it, just isn't enough. Some people recognize that by society's standards, they are successful. Yet, they feel lost, dissatisfied, completely unfulfilled ... and wondering "Isn't there more to life than this?"

They hunger to find their life's purpose – and to rediscover their zest for living. Others finally get fed up with feeling undeserving of success. They recognize that they're too hard on themselves and know they need to find a new way to "do" life.

Still others feel out of balance. They're constantly giving and doing for others while pushing aside their own needs and desires. They feel disconnected from themselves, other people, and the universe in general. They know that they can't keep going down the path that they're on ... and that they need to reconnect on the physical, mental, emotional and spiritual levels. Does this resonate with you?





This is a sign that your soul is calling for more. Deeper peace. More fulfilling connections with your beloved, parents, children, siblings, friends, and other important people in your life. Clarity about your life's purpose. Letting go of limiting beliefs, fears, doubts, worries ... and instead choosing to live in the moment, trusting your inner wisdom. The courage and confidence to navigate through major life transitions.

Ignoring these inner messages ends up with feeling more frustrated, more burned out, more dissatisfied. As your unhappiness grows, it eventually spills out to affect all aspects of your life... from your relationships to your health and even your financial and professional success.

It's time for a pause, a time to reflect and be open.



"I came to a SisterHeart Circles retreat because I needed to get out of a funk. I was stuck in a funk. I needed some time for myself. I needed to get some clarity and have a breakthrough, allow myself to do that. I had so many revelations and emotional releases. It really helped me clear my mind and have more Joy!"

– Theresa Guzman



I came to a SisterHeart Circles retreat to breakthrough my emotions, learn some new techniques, and get a handle on how to deal with things in my life. The things that were a little out of my comfort zone gave me confidence to love myself more and give myself more Joy!

– Bonnie Reynolds-Rohdes



Revitalize Your Life: Exclusive Retreats for Women

Unlock the full potential of the next chapter of your life with our specially curated Group Retreats and Daytreats, designed exclusively for women.

Experience a rejuvenating blend of renewal and personal growth in a setting of your choice that promises to leave you inspired, refreshed, and ready to make a greater impact.

Embrace the opportunity to step back from the daily grind, gain fresh perspectives, and return to your practice with renewed passion and purpose. Schedule a consultation now and prepare for an unforgettable experience that will resonate long after you return to your daily life.


SisterHeart Circles private retreats and daytreats facilitate transformational experiences.

We offer participants an opportunity to connect with their inner self, find peace, and explore their personal journey.

We focus on experiences highlighting the healing power of vibration through sound, movement and music.



"I have never felt more free or more completely me than I did at the SisterHeart retreat!" – Barb Paul



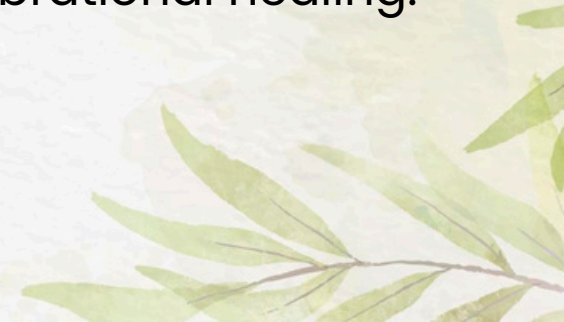
Vibrational Healing: Nurturing the Soul of Women in the Next Chapter of Life

As women you dedicate your energy to supporting others.

But who supports you?

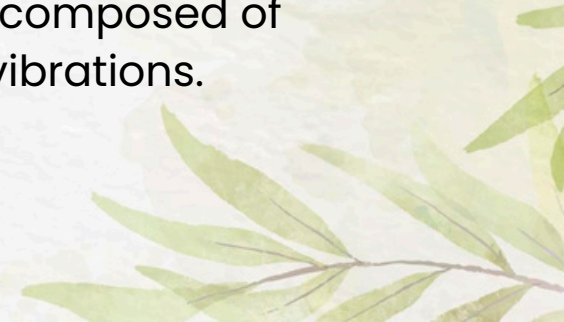
Vibrational healing is a powerful way to replenish your own well-being, restore balance, and deepen your connection to self and others.

Let's explore the transformative practice of vibrational healing.



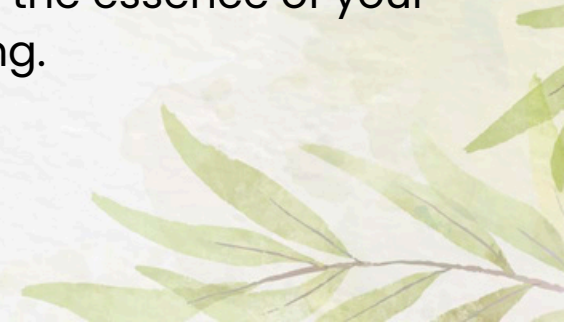


Understanding Vibrational Healing

- The Essence: Everything in the universe—including our cells, thoughts, and emotions—vibrates at specific frequencies. When these frequencies are harmonious, we experience health and vitality. When they're disrupted, we may encounter physical or emotional challenges.
 - Sound healing offers a unique way to recharge, find inner balance, and enhance their practice. So, let the vibrations wash over you, and discover the healing magic of sound.
 - Remember, just as each note contributes to a symphony, your well-being is composed of harmonious vibrations.
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Understanding Vibrational Healing

- Modalities: Vibrational healing encompasses various modalities:
 - Sound Healing: Using instruments like singing bowls, gongs, and tuning forks to create healing vibrations.
 - Voice Assessment – Vibrational Attuning for Health : Your voice represents the composite frequencies of your body. When analyzed, it reveals patterns related to emotions, organs, glands, and energetic systems. Think of it as a holographic image of your energetic body systems—a voiceprint that captures the essence of your well-being.
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Understanding Vibrational Healing

Benefits for Women:

Stress Reduction: Vibrational healing induces deep relaxation, reducing stress and promoting calm.

Pain Relief: Specific frequencies alleviate physical discomfort by activating the body's natural pain-relieving mechanisms.

Emotional Release: Vibrations can unlock emotions stored within, allowing healing and release.





Escape to SisterHeart Circles: Your Healing Retreat Awaits

Rejuvenate Your Spirit

SisterHeart Circles Retreat offers a sanctuary for your soul. Our retreats are a harmonious blend of peaceful serenity and rejuvenating activities designed to heal your body, calm your mind, and uplift your spirit.

Holistic Wellness Experience

Indulge in a variety of activities, from Qigong, Transcendance™, and Nia to transformative meditations, all guided by our loving team. Our programs are crafted to align with your group's journey towards inner peace and physical well-being.





Escape to SisterHeart Circles: Your Healing Retreat Awaits

Connect with Nature

Choose a retreat setting that offers the perfect backdrop for self-reflection and connection with the natural world. Being in nature invites a sense of wonder and harmony.

A Community of Healing

Share experiences, forge friendships, and support each other in a space where every story is honored and every journey is celebrated.

Your Retreat, Your Way

Choose from our range of retreat packages, each offering a unique experience tailored to your group's needs. Whether you seek a short one day escape or an immersive weekend healing journey, we provide the flexibility to create your perfect retreat.



Begin Your Journey Today

At SisterHeart Circles Retreat, we believe in the transformative power of taking a pause from the everyday. Schedule a consult with us and embark on a journey to rediscover the joy of living with purpose and passion.

Find Your Serenity. Heal Your Life.



For more information and to reserve your transformative experience, visit our website.

www.sisterheartcircles.org

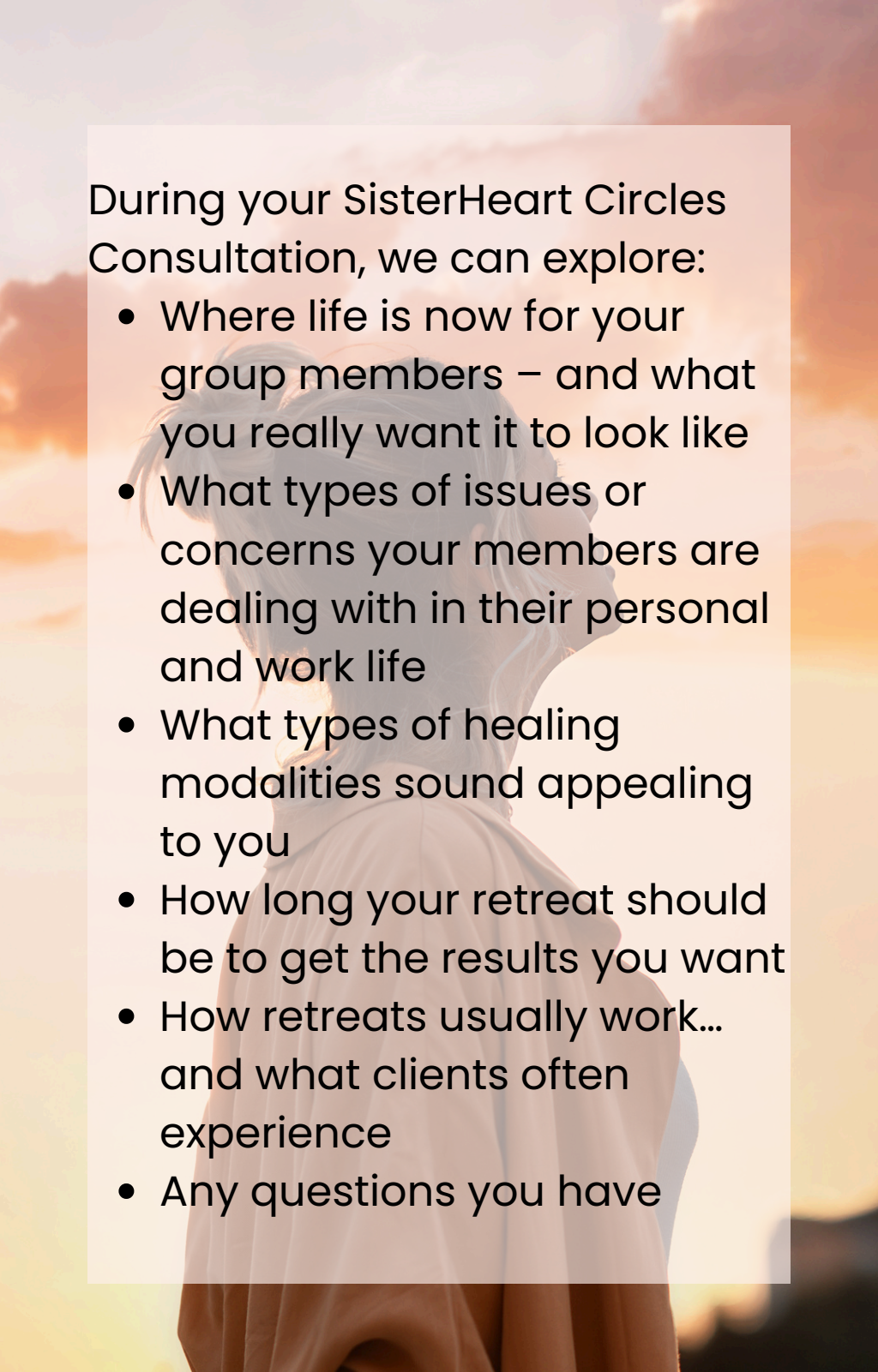
Your path to healing and happiness starts here at SisterHeart Circles.

If you haven't had a SisterHeart Circles Consultation yet to discuss what a private retreat for your group might look like and to get your questions answered. We suggest it is time to talk.

The SisterHeart Circle Custom Retreat Guide is a great place to start gathering information about a private group retreat.

But to know whether it's truly the right thing for your group... the best thing is to have a conversation.



A woman with long, wavy hair, wearing a white, flowing dress, is shown in profile from the back, looking out towards a sunset. The background is a soft, warm glow of orange and yellow light from the setting sun, with some clouds visible. The overall mood is peaceful and contemplative.

During your SisterHeart Circles Consultation, we can explore:

- Where life is now for your group members – and what you really want it to look like
- What types of issues or concerns your members are dealing with in their personal and work life
- What types of healing modalities sound appealing to you
- How long your retreat should be to get the results you want
- How retreats usually work... and what clients often experience
- Any questions you have

Schedule Your Consultation Today!

Every retreat is different. It depends on where your group is today – and where you want to be.

Our SisterHeart Circles Team members are friendly and completely devoted to creating a safe space for this exploration.

www.sisterheartcircles.org

