

RELEASE & EMPOWER

Painting & Yoga: 4-Day New Year's Retreat

Start the New Year with a proven powerful process to help you release what did not serve you in 2017 and call in the energy, feelings and vision you need to empower your 2018.

This Retreat of Renewal combines Intuition Painting, yoga, meditation, fire ceremony, walks in nature, sharing, laughter, healthy food and guided support.

Using journaling prompts and spontaneous painting, we will identify the muck of 2017 and LET IT GO in a process of visionary release. Learn to harvest the lessons from the challenges of last year, as you cultivate the energy that will support you most in 2018.

Oversized paper, paints, charcoals, and pastels capture the color and energy of our intentions and radiate our full power and potential in 2018.

"This was vision-boarding on steroids, like a Soul Exfoliation!"



JAN 4 - JAN 7
Kashi Ashram
Sebastian, FL

Learn More & Register:
JuicyCreatives.com/schedule/kashi

All Meals & Lodging are included.
4:30PM Thursday-3:30PM Sunday.
Pricing starts at \$695.

*Fulfills Facilitator Training Prerequisite