

Harvesting Wellness a Day Retreat to Nourish Your Mind, Body, and Soul

Carriage House —119 South Main Street. Deerfield, Wisconsin, 53531

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Saturday, December 28th, 9:30 am to 4:00 pm

Crystalline Sounds

Welcome to our Crystalline Sounds, where we embark on a journey of sonic rejuvenation and inner harmony. Here is our attentive schedule.

- ❖ 9:30 am Check-in at Carriage House/Wisconsin Reiki Center
 - **Location:** Carriage House/Wisconsin Reiki Center 119 S Main Street. Deerfield
- ❖ 9:45 am - Welcome - Invocation - Overview
- ❖ 10:00 am - Holographic Sound Experience with the Halhthors
- ❖ 11:00 am - Creating Crystal Grids
- ❖ 1:00 pm - Lunch
- ❖ 2:30 pm - Salt Cave Experience
 - Revive Salt Room & Spa, 214 W. Main Street. Cambridge, WI 53523
- ❖ 3:30 pm - Closing Ceremony
- ❖ 4:00pm - Checkout

The Healing Warrior, by Kathy Milanowski

Servitude to the Earth and all its beings can be a heart-opening, blissful, freeing state of consciousness. As we grow with this, we connect to tools and techniques that will recharge, refresh, and revive us. We learn a valuable lesson: We are critical and loved deeply. We must learn to do our self-care. For me, this is the state of the healing warrior.