

Crystalline Sounds 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 27th, 10:00 am to 3:00 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.

- ❖ 10:00 am Check-in at Carriage House/Wisconsin Reiki Center
 - **Location:** Carriage House/Wisconsin Reiki Center 119 S Main Street. Deerfield
- ❖ Welcome - Invocation - Overview

- ❖ Holographic Sound Experience with Reiki

- ❖ Snack, Community Time

- ❖ Lunch and shopping, 200 W. Main Street. Cambridge

- ❖ 2:00 pm - Salt Cave Experience
 - Revive Salt Room & Spa, 214 W. Main Street. Cambridge, WI 53523

- ❖ 3:00 pm - Closing

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.