

1. **Is My Journey best for me?** - This retreat can involve some deep personal work. Here's one way to know if the retreats are best for you. As you read below, if your body lights up, if you become curious, if something arises that you can't quite describe that draws you in, or you body says YES to at least half of the following, then this retreat is for you.

\*Stuck in a relationship you don't want to be in?

\*Struggling with your children?

\*Hitting a road block in your profession?

\*Having challenges with a partner?

\*Tired of wearing the social masks or being a people pleaser?

\*Afraid of letting go of control or don't know how to? Feeling lost or afraid to take the next step?

\*Ready to start "walking" the "talk"?

\*Ready to start a new chapter in your life?

\*Ready to live a more abundant and empowered Life?

\*Is Life showing you signs, but don't you don't seem to be listening?

\*Have you hit a wall and don't know what to do next?

\*Curious about the inner journey?

\*On the "souls journey?"

\*Are you ready for self-exploration and self-transformation?

\*You are willing to step into the Unknown to experience yourself, your body, and the world around you in new ways.

\*You are willing to look at yourself in the mirror; failures, limiting patterns, beliefs, and behaviors, how you have been co-creating the things you don't want in your life, and truly let go of any of these ways of being that have been limiting your life.

\*You are willing to embrace your power and authenticity, reconnect to that child-like creativity and spontaneity, live more freely, and have more fun, happiness, health, wealth, abundance, and a deeper relationship with Life beyond your wildest imagination and dreams.

\*You are willing to allow new possibilities and create a compassionate container for yourself to experience your emotions, feelings, judgments, patterns, beliefs, and even traumas to arise and be met, which can release old and limiting ways of being.

\*You are willing to create new pathways and possibilities for yourself on an emotional, physical, mental, spiritual, professional, parental, financial, romantic, or interpersonal level.

\*You are willing to welcome in a new way of being, embodying, living, and co-creating Life through the innate Cellular Wisdom that exists within every single cell of your body, this earth and our universe.

**Please be aware that this kind of experience can validate, inspire, challenge, or bump up against what you believe, think, or perceive about yourself and Life. That is okay. All I ask is that you stay open and keep saying YES to the moment. Once the retreat is over you can always go back to doing things your way.**

2. **Will I have time to work on my computer or make calls during the retreat?** You will NOT have any time to work on your computer or make phone calls as you will be required to surrender ALL forms of technology (computers, cellphones, watches, iPads, etc.) at the very beginning of the retreat if you bring them. Wifi will be turned off as well. **By signing up for this specific retreat you are aware of, acknowledge & accept this rule.**
3. **Will I get a chance to stay in touch with my children or loved ones during the retreat?** You will only be able to on a case-by-case basis. This is a time to disconnect and completely immerse yourself in your experience and healing. We completely understand that you may have parental or other responsibilities. We offer you to make arrangements with friends and family to help you with this. If someone needs to get a hold of you, you'll be given a contact number that you can pass on to family and friends in case of emergencies once you book your retreat.
4. **Will I get a chance to explore the area on my own?** You will not have any free-time to do so unless there is a planned activity in relation to the retreat. We will be fully immersed into the experience of your transformation.
5. **Why certain food restrictions in some retreats?** As we remove certain toxins from the body, resistances and holdings that may be held in the body, emotions, and mind can begin to be released to be met and transformed.
6. **What is the location of this retreat?** It can be wherever you wish. This is custom to your needs. It just has to meet my requirements. I can choose a place within your state, country, or a preferred place you like to visit where "the work" can be done. If you have a country/mountain/beach home or villa where you won't be disturbed by others that can accommodate 3 people within the home, I and my team can come to you.
7. **How long will our days be?** Between 12-15 hours long.