



Sound Mind Healing Retreats

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The ocean is calling. It whispers your name. There's a yearning you feel inside. Something is keeping you from living your best life, and you don't know what it is. You continually search for an answer but come up blank. Or maybe you do know, but you don't know how to get through it, past it, or beyond it. You wonder to yourself, "Is this as good as it gets?"

But something inside tells you there's more, something better. What we do at The Healing Space Retreats is help you figure out what's keeping you stuck, with rapid results. We help you live your best life, a life that's real and authentic. And you know what? The answers are inside.

And that's what healing is, it's about your quality of life. Not just physical healing but healing that comes from the inside out, a place of inner awareness. It's a shift in attitude and clarity, where you learn to listen to and honor the healing voice from within, your own intuitive voice, no longer living in the dark and opening up to life's possibilities.

Join us at the beach for a time of rejuvenation and renewal. And a time to just be, where you have no expectations placed upon you by yourself or others, time away where you can think and feel freely and allow the unexpected to surface for you. Treat yourself to the gift of the present and bring back with you a person who feels more centered and in touch with her deepest wishes and desires and who knows what step to take next.

Trust me. You need to do this for yourself, without guilt. You will be a better person for it. Like Oprah always says, if the well is dry, there isn't a drop of water to give to anyone else. Replenish the well. Take time away.