

Intensive Trauma Healing Retreat



During this retreat we will provide intensive therapy that is customized for what you need, support circles, mindfulness activities, art activities, kayaking, material needed for your healing journey, the cost is all inclusive of transportation, lodging, meals and all therapy activities.

“Just show up, and we’ll take care of the rest.”

Day 1 - Thursday

1pm: Transportation pick up from Sacramento to Tahoe
4pm: Check-in
4-5pm: Get settled in
5-6pm: Group Picture
6-8pm: Pizza Party at Lanza’s Italian Restaurant
8:30-9:30pm: Support Circle
9:30-10:30pm: Goals + Reflection
10:30pm: Nite nite

Day 2 - Friday

8-9am: Breakfast
9-10am: Mindfulness Walk
10am-Noon: Brainspotting Sessions
10am-Noon: Vision Board Prep
Noon-1pm: Lunch
1-3pm: Brainspotting Sessions
1-3pm: Kayak
3-5pm: Brainspotting Sessions
3-5pm: Vision Board Prep/Kayak
5-6pm: Quiet Time
6-8pm: Dinner
8-9pm: Support Circle
9-10pm: Reflective Writing about healing journey
10pm: Nite nite

Day 3 - Saturday

8am-9am: Breakfast
9-10am: Get ready
10am-10:30am: Transportation to beach
10:30-12:30pm: Mindfulness at the beach
12:30-1:30pm: Lunch at the beach
2:30-4pm: Brainspotting Sessions
2:30-4pm: Finish Vision Board
4-5:30pm: Brainspotting Sessions
4-5:30pm: Mindfulness art work/Finish Vision Board/Walk
5:30-7pm: Brainspotting Sessions
5:30-7pm: Mindfulness art work/Finish Vision BoardWalk
7:30-9:30pm: Dinner at Panchitas
9:30-10pm: Back to hotel
10-11pm: Reflective Writing about healing journey
11pm: Nite nite



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Day 4 - Sunday

8-9am: Breakfast

9am-10am: Get ready

10am: Group Picture

11am: Check out and drive back to Sacramento

Note: To focus on your healing journey we will be staying at Franciscan Lakeside Lodge in Tahoe Vista.

Payment: To be paid in full prior to retreat. We are a provider of Advance Care Card which can be used for mental health services. If you are interested in their program click here

<https://advancecarecard.com/>

Dates:

June 3-6, 2021 (Thurs-Sun)

Cost

\$3500 - double occupancy (share a room)

\$4400 - single occupancy

Total cost includes: lodging, transportation, all meals, intensive therapy, mindfulness activities, retreat activities.