

FAMILY HEALING *Retreat*

TORELLES DE FOIX, SPAIN

Rekindling the Magic of Family

There comes a time in every family where communication wanes, spirituality, and relationships fade. Many families experience challenges that may have profound effect on their partners and children, creating the need for healing. This is your chance to immerse in this wonderful experience, with activities and practices for bonding and enjoyment of the entire family (children and animals); no one will be left behind!



INCLUDED:

- Three delicious organic vegetarian meals a day
- Accommodation based on double occupancy (single may be arranged)
- Individual Assessments, systemic constellation, family lineage and group Healings, heart-opening practices using sacred sounds, breath work, body movements and more to open the heart and release long-held negative beliefs, patterns, and traumas.
- Horse meditation: adults and children
- Circle of fire
- Hiking
- And other fun family activities

**JULY 27-
AUGUST 3, 2023**

**8 DAYS /
7 NIGHTS**

COST:

\$2585.00 - based on double occupancy
(Family rates are available upon request)
Payment plan available

CONTACT DR. ALDA SAINFORT

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To reserve your spot a non-refundable deposit of \$500 or first payment is required