



Heron's Hollow, PA



# THE GOLDEN GLOW WEEKEND RETREAT

October 16–19, 2025



Release | Relax | Renew | Recharge

## What's Included:

- ✓ Trauma Healing – EFT, fascia work, inner child meditations
- ✓ Art Therapy – express & release hidden emotions
- ✓ Detox Nutrition – vegan meals, juicing & supplements
- ✓ Glow Sessions – facials & lymphatic drainage
- ✓ Wellness Therapies – PEMF, red light & sauna
- ✓ Moonlit Mingle – connection, meditation & mocktails
- ✓ Nature Escape – 31+ acres to hike, journal & breathe
- ✓ Closing Ceremony – celebrate your transformation

LIMITED SPOTS  
AVAILABLE!

Scan the QR Code  
to secure your spot



## Meet Your Facilitators

Meet the team of experts in regenerative health, trauma recovery, art therapy, esthetics, and holistic wellness—here to support your healing journey.



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