

Reconnecting with Yourself

A MULTI-SENSORY HEALING RETREAT

This retreat is an opportunity to shape your future through time set aside for embodied presence and engagement with self and others. By joining others in a professionally facilitated exploration of creative, conscious sensory awareness you begin a path to well-being that is uniquely yours.

WHEN

Sat July 22 10am-6pm
Sun July 23 10am-1pm

WHERE

Private Estate in
Montecito, CA

TUITION

Before June 30th
\$900 all inclusive

After July 1
\$1200 all inclusive

REGISTRATION

[ellen-watson.com/
california-a-multi-
sensory-healing-retreat](https://ellen-watson.com/california-a-multi-sensory-healing-retreat)



*What is that you yearn for and
want to activate in your life
moving forward ?*



OUR COLLECTIVE

Intention

Elizabeth, Ellen and Bianca invite you to join us in a beautiful retreat setting for an immersion into self discovery and a return to the innate wisdom of your senses. Through fully awakened senses, the portal to mindfulness opens, activating the potentiality of our own inner healer and beckoning us into the space where dreams and visions are incubated for manifestation.

This is a low to no tech small group retreat in a tucked away estate overlooking gardens and ocean in Montecito; leaving mental activity aside, offering a series of experiential exercises to return to your uniquely creative expression of what has heart and meaning. We'll provide optional plant medicine (cannabis edibles and tinctures) which might further enhance sensing abilities. Nourishing organic lunch and snacks will be served!

MEET YOUR

Facilitators



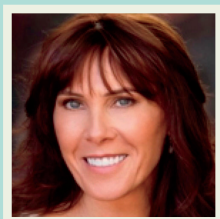
Elizabeth Wolfson, PhD, is a licensed psychotherapist who has been facilitating groups and retreats for organizations and in her private practice of psychotherapy for over three decades. Dr. Wolfson draws from holistic, person-centered, integrative and somatically oriented psychotherapeutic approaches aimed at personal, professional and spiritual empowerment, growth and well-being.

www.elizabethwolfson.net



Ellen Watson, a somatic and healing arts educator, is on the faculty of Esalen Institute, Big Sur, and travels globally offering retreats, practitioner certification and teacher training programs. Included in these presence-based, mindfulness practices are: Esalen® Massage,

Touching Essence™, The 5Rhythms®, Vibrance™ Sound, Song & Dance, Holotropic Breathwork®, and Plant & Visionary Medicine work. www.ellen-watson.com



Bianca Childs is an inspiring Esalen® Massage practitioner and licensed Esthetician. She has been deeply influenced by the innovative forms of somatic and healing arts rooted in Esalen studies, Ayurveda, Yoga, Aromatherapy and Sound Healing. Bianca incorporates mindfulness-based modalities that address every aspect of body, mind, spirit & energy into her innovative holistic practice facility in Santa Barbara.

www.biancachilds.com

Questions? Please contact:
dr.elizabethwolfson@gmail.com