

4-day Realization Process RETREAT



Start your next chapter and join us for this perfect inward and outward experience. Give a gift to YOU for the holidays!
Nov. 14-17 | \$495 per person

Hosted at The Heal Center Atlanta 270 Carpenter Dr. NE Suite 500 Atlanta, GA 30328



The Realization Process

- 1. Comprehensive Healing:** Merges meditation, embodiment, and trauma therapy for total psychological health and spiritual awakening.
- 2. Deep Self-Connection:** Cultivate a profound inner connection, feeling fully alive and present in your body.
- 3. Unity of Personal and Spiritual Growth:** Experience and understand how personal development and spiritual enlightenment are interconnected.
- 4. Fundamental Consciousness:** Access a deep state of consciousness that brings a sense of wholeness, love, and resilience.
- 5. Enhanced Relationships and Boundaries:** Develop deeper, more authentic relationships while maintaining a strong sense of self, deepening your connection with others and the natural world.

PLEASE BOOK IN ADVANCE AT
WWW.BEHERENOWMINDFULNESS.COM