

✨ SOULSHINE ✨

Adventures, retreats and travels with Thea Daniels

SAVE THE DATES and join in on a Wonderful Women's Wellness Retreat!
Bishop's Ranch in Healdsburg.
Friday September 6th 5pm - Sunday the 8th at 2pm



A women's 12 step retreat where we connect with ourselves and others. Relax, unwind and treat yourself to a Self care retreat and refuge for the spirit in the hills of Healdsburg. When we Live life by choice with a sense of feeling in charge and in harmony with acceptance, we experience our personal SUPER POWER. ✨

RETREAT INCLUDES...

- *Wellness rounded itinerary to be curious about.
- *Skill building engagement interaction to fire up the energy that fuels your life.
- *Labyrinth ceremony.
- *Hiking Trails for mindfulness walks surround Bishop's ranch.
- *Poolside/lawn - Activities, Meditation, gentle yoga/stretching.
- *12 step meetings, friendships and more.
- *Two nights shared lodging. Comfortable and cozy cabin style rooms 3 people per room(beds and fresh bedding provided) 6 people per cabin. Bathrooms in cabin
- *Enjoy 5 specially prepared meals: Saturday-Breakfast, Lunch, Dinner. Sunday-Breakfast and Lunch

NOT INCLUDED...

Bring your lawn chair, snacks, pen journal, earplugs and other personal needs items, such as hiking shoes, sunblock, hat, swimsuit and towel, and your creativity and 12 step book and join us for a weekend of Connection.

COST:

EARLY BIRD \$375.00 Best price before May 15.

May 16th and after is \$425.00. Space is Limited to 11 participants so plan early!

A note about retreat accommodations: The goal with this retreat is simple, a fulfilling connection with ourselves and others. The camp style cabins may have up to 6 people total (3 people per room) This makes for a connecting, fun, and an affordable environment. There are various spaces to find a nook for having private time. Consider getting your friends or sponsee's to share a room.

There are restrooms in the cabins and in our private Saint John's meeting hall. High quality meals are lovingly prepared and served by a talented kitchen staff who utilize the freshest ingredients possible. Vegetarian and special diets can be accommodated. Guests dine buffet style in a large dining room that offers breathtaking views of Mt. St. Helena and the Russian River Valley.

ABOUT BISHOP'S RANCH: The Bishop's Ranch is a retreat and conference center nestled among the forests, farms and vineyards of Sonoma County, outside the town of Healdsburg. We are a unique gathering place for groups and individuals, where details are tended to and distractions of day to day life are removed. The Bishop's Ranch, which is owned by the Episcopal Diocese of California.







*If retreat occupancy is not met you will be refunded. If cancellation is due to Natural or other circumstances unknown, credit towards a future retreat will be issued.

About the facilitator: I am Thea Daniels and I'm an alcoholic/codependent in my 39th year of recovery. Mother of two beautiful young men and an adorable furbaby named TeddyBear. I love creating and facilitating a strong sense of Trust and Curiosity with the support of recovery, being a certified CTI coach plus integrating Hatha Yoga training and more. 💎 Rule# 62 (Don't take yourself too damn seriously) "Oh lighten up" KEEP IT SIMPLE, HAPPY JOYOUS AND FREE , an ATTITUDE OF GRATITUDE and having a sense of humor, fun and living are gifts I've cherished and polished along the way.

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LOOKING FORWARD TO CONNECTING WITH YOU.

Register/questions contact Thea Daniels: 707-235-7866 text |

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Life Coach-Yoga teacher-Passion Enthusiast!

THEA DANIELS