



## RETREAT SESSIONS - GROUP + PRIVATE - DESCRIPTIONS

### **Group Session - Tier One Options** Pricing: 60-minutes (\$99/session); 90-minutes (\$129/session)

**Yoga Session:** You get to pick the style; lead by a certified yoga teacher (indoor or outdoor available depending on weather). Learn more about different styles at [www.shineakron.com/yoga](http://www.shineakron.com/yoga)

**Reiki + Restorative Session:** Be guided on a relaxing session where we use props to help you become comfortable, reiki administered to each person while resting in restorative poses. Lead by a certified yoga + reiki practitioner.

**Guided Meditation/Journey Session:** Take a journey as you are lead in a guided meditation by an experienced meditation teacher. The journey is created just for you and your groups based on your desired experience.

**Sound Session:** A certified sound therapy practitioner will use crystal singing bowls, kashi chimes and tuning forks to relax your nervous system and clear unwanted trauma from your biofield while you rest in a comfortable supported position. Learn more about sound therapy with tuning forks at [www.shineakron.com/tuning-forks](http://www.shineakron.com/tuning-forks)

**Combo Session:** Allow us to customize a session for you by combining any of the above healing modalities.

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### **Group Session - Tier Two Options** Pricing: 90-minutes (\$199/session)

**Energy Management Workshop:** Learn how to manage your energy on four buckets so that you can live an authentic life - the first step is learning about who you really are. Learn more at [www.shineakron.com/vibe](http://www.shineakron.com/vibe)

**Cultivating Happiness Workshop:** Be introduced to the concepts, strategies and skills of Positive Psychology in order to live a happy more successful personal and professional life. Learn more at [www.shineakron.com/positive-workforce](http://www.shineakron.com/positive-workforce)

**Grounding/Forest Bathing:** Learn about the power of nature to heal. In this class you will not only learn about "grounding" and forest bathing, you will also experience it for yourself on the beautiful property that awaits you at SHINE. Learn more at [www.shineakron.com/forest](http://www.shineakron.com/forest)

**Embodied Healing Workshop:** Learn ways to be an activate participant in your own healing journey. This class includes a meditation, attunement, and the answer to the question, "What is my soul trying to tell me in this moment?". Learn more at [www.shineakron.com/embodied](http://www.shineakron.com/embodied)

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### **Private Session** Pricing: 45-minutes (\$59/person)

- Reiki Session
- Sound Session with Tuning Forks
- Embodied Reiki Session
- Human Design Private Reading

Learn more about these private sessions on our website at [www.shineakron.com/healing](http://www.shineakron.com/healing)

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### **Seasonal Add-on**

Private Pool

Pricing: \$49/hour (must be registered for in advance, however, not charged if inclement weather)

\*All Private and Group (Tier One) Sessions can be hosted indoor or outdoor (weather permitting).