



The Sanctuary: Whole Healing Framework

Our group sessions and therapeutic retreats are designed with the pillars of Safety, Community, and Belonging. Each experience follows a six-part framework that nurtures growth, connection, and healing.

1. Information

We begin by learning evidence-based techniques through a clinical lens—practices that support anxiety reduction, stress management, and nervous system regulation. Knowledge builds confidence and helps participants understand the “why” behind the work.

2. Activation

Together, as a tribe, we practice these tools in real time. This embodied experience allows participants to feel the shift within themselves, anchoring the practices through lived experience.

3. Conversation

After the shared experience, we open the circle for dialogue. Storytelling, listening, and reflection create a sense of belonging. In community, we grow—honoring our tribal nature to both contribute and surrender.

4. Integration

Healing isn’t a “one and done.” We provide practical tools and strategies for daily life, encouraging deliberate and consistent practice so the benefits ripple far beyond the session.

5. Celebration

Healing is nonlinear, and every step matters. We celebrate small and big wins, encouraging and inspiring one another. Community strengthens resilience—we are not meant to heal in isolation.

6. Illumination

As healing deepens, participants naturally begin to share their light with others. By contributing to the larger community—through example, wisdom, or service—healing accelerates, and the ripple effect expands.