



YOUR RETREAT DETAILS

**WHEN YOU JOURNEY WITH
HEART OPEN & INTUITION STRONG, YOU ARE
EXACTLY WHERE YOU'RE MEANT TO BE.**



WELCOME

to

Pacific Peace Retreat

Here are some details about your retreat!

Whether you like to walk among the giant trees
or on the shoreline, nature is everywhere.
I can be your guide or feel free to explore solo.

Hidden Grove's ancient forest provides a lovely
walk in an enchanted environment and
the public beach access points
on either end of our drive allow you to
be on the ocean within minutes.

We will talk, explore, observe and
journey together.

I look forward to your time here. Cynthia



WHAT'S INSIDE

THE RETREAT

A Brief History

INCLUSIONS

Beyond Accommodation

HYPNOTHERAPY REIKI

Hands on Healing

WHAT TO BRING & THE AGENDA

Based on Your Needs

GETTING HERE

Remote Yet Easily Accessible

NOTES

Questions To Answer

YOUR PRIVATE SUITE

*Relaxation happens when you
experience a slower pace.
It brings you into the now.*



A BRIEF HISTORY

Nestled on a bluff overlooking Sechelt Inlet in beautiful British Columbia is my dream come true. The retreat idea was conceived 40 years ago, when I was asked about my ideal life.

I had just finished a mindset altering course and the idea came to me in an instant. I wanted to create a haven where others could visit and learn to heal on their journey through life.

Many years later, when I met my future husband, he was on board and said "let's start looking!" That's when it all began.

When we found our 3 level home in a slow market with a motivated buyer, we jumped onto the path of the unknown.

Everything aligned to manifest so much more than we could have imagined. We've had many, many visitors since then and each has provided insight for me to grow. I am thankful.

We love to share the feeling that emerges when you surround yourself with nature. I know this is where we belong.



DESIGNED JUST FOR
YOU

A private healing retreat is my favourite thing to offer and I'm excited to have you here. My goal is that you will feel a sense of peace and leave the retreat feeling more in control of your emotional attachment to events so you can clearly envision a future that is light and free, authentically yours.



INCLUSIONS

Beyond accommodation, your retreat package includes all meals, healing sessions, tax and excursions to the beach or trails. I am here to hear you.

You will be my focus while you are here to guide you on your healing journey. I look forward to our conversations to reveal where you might have obstacles or blocks that you need to dissolve to make space for newness to come in.

We look at both physical solutions as well as spiritual and energetic. This of course is where the healing sessions come in to help you release and let go of what you no longer need in your life. But we can talk about that when you're here.

Meals are served in your suite. A small fridge, dishes, coffee and tea, linens, robes, quality shampoo and conditioner, all provided.



Hypnotherapy gives excellent results if you are looking for a shift in perspective or answer to a question. Sometimes it comes right away and other times it comes in a dream or a song.

My goal is to help you wake up to the world around you that supports your goals and gives you insight - to feel the light that is you and know it comes from within.

This is what makes coming here easy. Just bring you.



PRIVATE SUITE

Comfy and healing, your suite feels like a soothing hug.

Your suite is spacious enough for a massage table or yoga mat where I will come in for our conversations and healing sessions.

Reiki is a lovely way to slow down in the evening. It promotes the flow of energy and shakes up any stagnant feelings of heaviness. Hypnotherapy is divine for altering patterns to see a new perspective. **Both change you.**

MEALS DELIVERED TO YOUR TABLE

Choose your meals from the retreat menu form and enjoy the home made pestos, dips and sauces that make everything delicious.

We use garden fresh herbs, fruits and veggies as much as the seasons allow.

WHAT TO BRING

REMEMBER SECHELT IS CLOSE BY

DEPENDING ON THE WEATHER...

SPRING TO JULY

*Can be cool and wet or
hot and dry.*

SUMMER

*Mostly hot but can rain
and be foggy in August.*

AUTUMN

*Expect rain but when the sun
shines it's glorious.*

AGENDA

NATURE WALKS, HEALING & RELAXING NIGHTS



**MORNING IS
YOGA OR WALK**



**AFTERNOON IS FOR
HEALING SESSIONS**



**EVENINGS ARE FOR
RELAXATION**

CLOTHES

COMFY CLOTHES

WALKING SHOES

RAIN JACKET

SHAWL

EXTRAS

JOURNAL

CHARGING CORDS

FAVOURITE SNACK OR BEVERAGE

READING MATERIAL

GETTING HERE

BC Ferries is the most common way to get here but sometimes we have a guest arrive by floatplane. Connections can be made from lower mainland and Vancouver Island. I think it's worth every penny it costs. The flight is only 30 minutes.

As part of our initial conversation, I'm sure you have looked into BC Ferries and have booked a reservation.

EVEN IF YOU HAVE A FERRY RESERVATION, and if you're traveling during a long weekend or summertime, the ferry terminal may be backed up so you have to arrive earlier than suggested.

Sometimes they have break downs or a medical emergency and the whole schedule goes out the window.

I always bring drinking water for the trip, a snack and something to read. Patience is good to bring too.

Come prepared and arrive early. Those are the 2 most important things to remember when you travel by ferry.

Here's what I want you to know:

- Our address is 6936 Porpoise Drive, Sechelt
- If you have time before the 3pm checkin, you can check out a few places along the way
- Take the first light to the left from the ferry for a scenic route to Gibsons with a funky downtown and art gallery.
- Roberts Creek is half way here and has a great cafe and shops as well as a pier at the mouth of the river.
- Davis Bay has a charming dock, restaurants and shops as well as a boardwalk along the ocean.
- When you arrive, watch for the retreat sign under the monkey tree.
- Drive to the end of the road to turn around and park behind the covered truck. I will watch for you.

REMOTE YET
EASILY
ACCESSIBLE





NOTES

Preparing for travel and especially a healing weekend can be beneficial when you journal your thoughts and where you're at right now. Print out this page and use it to make notes when ideas come to you. Here's some questions to get you started. Feel free to text me if you have questions: 604-779-9100

SIT WITH EYES CLOSED AND DEEP BREATH

What is the reason for this retreat?

WHAT COMES TO ME PRIOR TO MY RETREAT

What questions can I bring for our conversations?

TOOLS FOR HEALING AND SELF CARE RITUALS

How can I make room in my schedule for a healing journey practice?
