

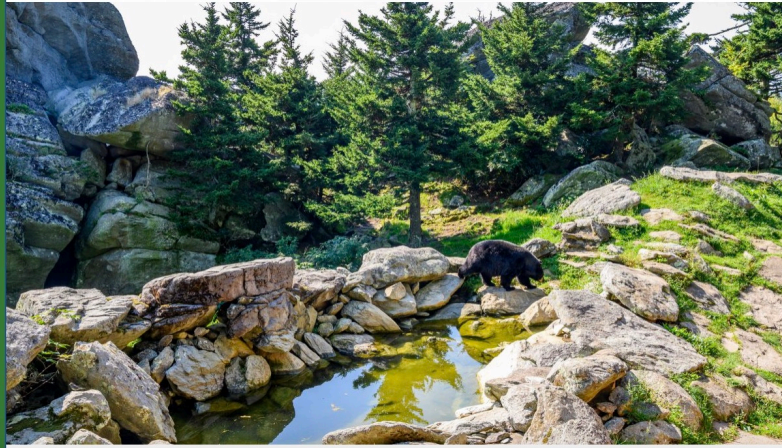
HEART CENTERED HEALING CONNECTIONS



REFLECTIONS IN NATURE RETREAT

A PLAYFUL WEEKEND AWAY CONNECTING WITH NATURE, OTHERS AND YOURSELF
2024

FACILITATED BY: CATHE REISS, LCSW & ERIKA COHANE, LCSW



Join us for a four day retreat surrounded by nature where we will relax, rejuvenate and reflect. The retreat will offer fun, interactive and reflective experiences including meditation, visualization, group processes, ceremony, explorative and expressive art, hiking, kayaking and more . It's a great opportunity for personal development, self discovery, healing and connection.



Investment

\$1,475 - \$1,750

(shared room - private room)

Included

All weekend activities & materials, 4 nights shared room lodging & meals

Not Included

Transportation to and from the retreat

Registration

Registration and non refundable deposit of \$300 required to save your space.

Full payment required by March 15, 2024

Register and pay in full by February 1, 2024 and SAVE \$100

Limited Space Available

Begins: Friday April 18, 2024 at 6:00pm

Concludes: Monday April 22, 2024 at 10:00am

Location: Banner Elk, North Carolina

More about your playful facilitators



Cathie Reiss, LCSW, ACHT

has been a Licensed Clinical Social Worker in Florida for over 20 years. She is also an Advanced Heart Centered Hypnotherapist trained through the Wellness Institute of Washington state. She combines traditional psychotherapy with alternative healing. Cathie's life purpose is to help others find joy and connection in their lives by assisting them in healing their old emotional wounds and releasing their self limiting beliefs so that they can create the positive, fulfilling futures they desire.



Erika Cohane, LCSW, ACHT

is a Licensed Clinical Social Worker and Advanced Heart Centered who has been working in the field since 1993. She specializes in change work for human potentiality, personal growth and self actualization. As an empathetic professional, she creates a comfortable and non-judgmental relationship with her clients. Erika is committed to helping others address their challenges, enabling them to find and experience peace and fulfillment in their lives.

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Cathie Reiss, LCSW, ACHT & Erika Cohane, LCSW, ACHT
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