Dear Friends,

I invite you to invest in the only thing that you can take with you when you leave this world... YOUR CONSCIOUSNESS.

Join us for a wonderful retreat where you will learn energy medicine, release deep emotions, and come into harmony in your relationships. Learn powerful healing techniques, enjoy sacred ceremonies, and play in luxury.

Connect and communicate the depths of your own soul and learn to live an inspired life.

Enjoy connecting with nature and beauty while exploring your own inner truth. Relax in the pool and jacuzzi. Nourish your body with delicious vegan food.

Limited Lodging available.
Space is limited.

SIGN UP NOW!

Call for details:

Please call for more information and to reserve your space now.

Angela    angelamandato@me.com    435-680-0717
Donell    angelslandingnow@yahoo.com   435-229-2097
Shara      iamshaira@gmail.com      435-231-4826
**Healing Practices**

Every evening, a **SOUND HEALING**:

Experience the profound effects of the Sacred Sound instruments, Tibetan bowls, Gantas, chimes, tingsha and the powerful sound vibrations of the gong. Over 20 years of research has been done, showing how deeply we are affected by sound and these Sacred Sound instruments have been found to especially affect even the vibration of our atoms, assisting us to experience that Sacred Space of the Soul. The yogi’s had these tools designed in ancient times to re-create the sounds that are heard by advanced yoga and meditation Masters. These Sounds assist the left brain to ‘Let go and let God’. Dr. Mitchel Gaynor, Director of the Medical Oncology and Integrative Medicine at Cornell Prevention Center in New York stated “If we accept that sound is vibration and we know that vibration touches every part of our physical being, then we understand that sound is heard not only through our ears but through every cell in our bodies. One reason that sound heals on a physical level is because it deeply touches and transforms us on the emotional and spiritual planes. Sound can redress imbalances on every level of physiologic functioning and can play a positive role in the treatment of virtually any medical disorder.”

Experience the profound effects of **MOVING MEDITATION**, another tool to experiencing a Sacred path to Soul. Using techniques of movement and breathing from Hatha and Kriya yoga, as taught for over 15,000 years, you not only gain in physical strength and stamina, but also emotional clearing, improved health and deep Soul-full experiences are a part of your everyday joy, with a daily practice.

Have you ever wondered why it is, almost all indigenous people all over the world had ceremonies to the Sun? We will start each day with an introduction to **SUN GAZING** and it’s de-light full benefits.

**Healing Food**

**Food to Heal Mind, Body and Soul**:

3 meals a day will be prepared by Master Vegan Chef, Jacques De Marquess. Jacques loves preparing ‘Food for the Soul’ so much, you will experience his ‘Love Potion’ in every delicious and nutritious bite!

**Jacques De Marquess** is a Master Vegan Chef. His career as a nutritional chef started in Sydney, Australia 35 years ago. Being from Europe, Jacques first trained in European Cuisine and after 7 years of working under some of the finest chefs in Australia, he was accepted to work at the Sydney Opera House. There he fine tuned his skills in speed of preparation and presentation. After an illness that put him in the hospital for 3 months, he then decided to learn more about a healthy and spiritual lifestyle and chose to live with Zen Buddhist monks for 3 years. With the monks, he learned simple but nutritional menus and eventually became Vegan. Jacques improved rapidly after his lifestyle change and today is in excellent health. He has been deeply committed to serving the best quality, organic, and delicious Vegan foods for over 30 years.

Jacques is also a master at Cosmobiology/astrology and has been researching the effects of the cosmos upon individuals and worldwide events. He has been passionately involved in this subject for over 35 years. Not only is Jacques very skilled with his mathematical mind in astrology, he also has a deep intuitive sense that gives him the ability to read a person’s astrological make up just by looking at them.

For a consultation or classes with Jacques contact him at 359-258-1609 or email takedaredpill@gmail.com.

Astrology Reading From Jacques: $75
If you could have any miracle at this moment, what would it be?

Retreat will be held at a beautiful local home in St. George, Utah

### Lodging

**Quad Room**
- Quad room with bunk beds
- Own apartment, fridge included

**Private Room**
- Private room

**Camping on Property**
- Camping on mansion property
- Tents provided, bedding not

Space is limited.
Please call Donell, Angela, or Shara for more information and to reserve your space now.

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- **Shara** iamshaira@gmail.com  435-231-4826
**Reverend Angela Mandato** LMT, NCTMB is an Evolution Facilitator, Metis Clan Mother and Light Body Practitioner. From the age of nine, Angela has been studying indigenous cultures and practicing the teachings of ancient mystery schools. A mystic at heart, she uses her gifts of intuition to benefit mankind in a variety of ways. Angela is a graduate of Sensory Development Institute and the Healing the Light Body School. She is also certified in Soul Communication, Soul Facilitation and Soulful Leadership. She is the founder of the Luminous Heart Wellness Center and she is a presenter on the World Peace Cruises. Angela teaches worldwide on the topics of Energy Medicine, Conscious Dying, Shamanic Healing, and Navigating the Realms of Relationship. She is passionate about facilitation healing experiences in Peru and other sacred sites around the world.

**Pat Burdy**’s dedication to the healing modalities of Amanae and Frequencies of Brilliance began 20 years ago after having received her first healings from founder Christine Day. Pat went on to become a Teacher of Amanae as well as a Certified Frequencies of Brilliance Practitioner. In 1994, Pat and Christine co-founded the School of Amanae. Pat later went on to establish a school in Israel and in 2006 she opened The School of Amanae in Minneapolis, MN. Pat has received guidance to share the wisdom of the Guangdong Tektite aka Emissaries of Peace with the world. This meteorite stone carries the energies to help support each of us on our own journey of self-discovery and profound healing in these very exciting and challenging times. The Emissaries BROADCAST THE ENERGY OF WORLD PEACE. Pat subscribes to this idea and holds the platform for peace to reign in the hearts of all humanity bringing more love and harmony to Mother Earth.

**Donell De Marquessa** L.M.T., M.E. & Sound Master. During a 6 month apprenticeship in 1997, Donell trained with Psolar, a Master Hawaiian Bodyworker. She performed this loving massage at Green Valley Spa in St. George, Utah until 2004. After that she continued further training with her first teacher’s teacher, Kahu Abraham, a 4th generation Kahuna in Kapa’a, Kauai. Donell has continued to offer this massage to hundreds of people from all over the world. Many have claimed that it has touched their live’s very deeply. Donell is also a Sound Master and offers a combination massage with Sacred Sound instruments, Tibetan bowls and the gong, called Prana Nada: a massage using energy, sound and of course the Aloha Loving Touch. Donell is also a Full Mesa Carrier and has trained under the direction of Angela Mandato in the Illumination Process. She has completed the Four Directions of the Medicine Wheel Trainings, originating from ancient Peru. Because of severe pain from whip lash that occurred 40 years ago, Donell has been a student and practitioner of Moving Meditation and yoga for 20 years. Finding that not only does yoga relieve pain, it also strengthens and stretches the body, relieves the stress of out of control emotions, improves health issues, and assists in awakening to higher levels of consciousness and a deeper awareness of the Divine. Donell became deeply devoted to this path in 2010 when profoundly prompted by Spirit to begin studying yoga from a Mystic and Master from India, Sadhguru, www.ishafoundation.org. Since that time tremendous growth, health, joy, peace, and miracles have been abundant in Donell’s life. Sharing the basic skills of Moving Meditation, Sun Gazing and other techniques to Self Realization has become a passion for Donell... "Yoga should be the most important part of your day and should feel like every bone in your body is smiling!” Sadhguru...
Hawaiian Temple Bodywork

Donell De Marquessa

Hawaiian Temple Bodywork is an ancient traditional massage, performed by Kahuna’s for the royalty of Hawaii. It was performed in Haios, Sacred Vortexes of energy, where remnants of these Sacred sights exist today. This massage was considered a Sacred Ceremony and was used as a Rite of Passage, as a means to connect deeply with the Divine Self, for miraculous healing and for intuitive guidance. Today it is helpful in discovering a deeper connection with Grace, intuitive gifts, clarity of your personal sacred gifts and personal purpose or path and very often for emotional and energy clearing.

Traditionally, this massage was performed for many hours until the intended goal was achieved, so even today according to tradition, the practitioner is required to accomplish certain Marshal Arts moves for great endurance and strength. The movement and strokes of this massage are very nurturing with the pressure especially affecting the lymphatic system, yet in gentle, long sweeping strokes relieving the ache and pain of tight and sore muscles and joints. The massage starts and ends with a chakra reading, with this loving Aloha touch and energy work from Pachamama, chakras are balanced, and along with lifting and stretching of limbs and acupoints, meridians are opened as well.

All that is required of you is to set aside at least 2 hours, consider an intention, or miracle to manifest, eat lightly before your scheduled time, and be prepared for a mind/body and spiritual experience through the Loving Touch of Hawaiian Temple Bodywork.

Amanae

Pat Burdy

Amanae is a journey of self healing and discovery that begins in our hearts. It is a holistic healing modality that views the person as a whole: body, mind, spirit, emotions- they are all connected, and therefore, affect each other. Every session begins with opening the heart, for it is the key to our healing.

The focus of Amanae is to activate unfelt emotions and trauma, letting us feel, shift and clear old baggage, which leaves us lighter and more in our center, so we can take back our power and chart our own course in our lives.

In Amanae we use the breath to come into our bodies and feel what is held in them. This means your role during the session is to be present in your body by breathing into the areas that are being accessed through guidance. The Practitioners utilize their hands, breath, voice, and energy to meet you in the area of the body that is being worked on, and open it, so that whatever is held there can come up, be felt, expressed and released. Once we have felt and integrated (with our breath) what is held in our bodies, we can start letting go and open more to our own Light and Truth.

Frequencies of Brilliance

Pat Burdy

Frequencies of Brilliance is a unique energy healing technique that involves the activation of energetic doorways on both the front and back of the body.

These doorways are opened through a series of light touches. This activation introduces high-level Frequencies into the emotional and physical bodies. It works within all the cells and with the entire nervous system which activates new areas of the brain. Frequencies of Brilliance is referred to as a self-remembrance work because the activation that occurs as the body is touched awakens at the quantum level your spiritual aspect.

When this happens you begin to express from the “Purest” part of yourself, bringing the fullness of “YOU” into the forefront of your life. Living your life from this place allows a limitless potential for transformation at the emotional, mental, physical and spiritual level.

Please visit http://www.amanaefob.com/ for more info on this powerful healing modality.
Reconnective Healing
Angela Mandato, Donell De Marquessa

Reconnective Healing is a form of healing that is here on the planet for the very first time. It reconnects us to the fullness of the universe as it reconnects us to the fullness of our beings and of who we are. It is considered to be able to reconnect us to the universe and to our very essence not just through a new set of healing frequencies, but through possibly an entirely new bandwidth. The reality of its existence has demonstrated itself clearly in practice as well as in science laboratories.

The Reconnection is the umbrella process of reconnecting to the universe, which allows Reconnective Healing to take place. These healings and evolutionary frequencies are of a new bandwidth brought in via a spectrum of light and information. It is through The Reconnection that we are able to interact with these new levels of light and information, and it is through these new levels of light and information that we are able to reconnect. This is something new. This is different. This is real—and it can be entrained in each of us.

### Pricing

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<th>Service</th>
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<td>Basic Retreat Fee</td>
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<td>Optional Amenities</td>
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<td>Food</td>
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<tr>
<td>Astrology Reading From Jacque</td>
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