



Tybee Wellness Retreats

# Available Services – Insight, Guidance, and Realization

## **Dream Interpretation**

*45 minutes \$85* Have you had a dream or series of dreams that you feel are trying to tell you something but you just can't figure out what they're saying? If your answer is yes, this dream interpretation time was meant for you! Amy has been doing dream interpretations for friends and family for years, and finally realized this was a gift she could share with others.

During your session, you'll walk Amy through your dreams and allow her to provide you with insight on their meanings, purpose, and if there is anything you need to act upon. She relies on her own intuition, gifts, and if needed, a reference tool as well.

## **Guided Meditation to Restore Balance (up to 2 people)**

*60 minutes - \$125* This guided meditation will begin with time to connect verbally to uncover areas in your life that require more harmony. (Emotional, Spiritual, Mental & Physical). You will then be guided through a healing meditation which will assist in allowing you to reset your mind, body & spirit restoring you to a natural state of stability. Following this powerful meditation you will discuss what came up for you during the session. Sue will make recommendations based on your personal lifestyle to maintain balance in your everyday life. While this is not a reiki session, Sue will be connecting energetically with you throughout to enhance your meditation experience.

## **Goddess Rebirthing Ceremony**

*75 minutes \$155* This ceremony is your homecoming. Sarah will guide you through the session beginning with sacred foot washing and ancient Mayan ritual known as "wrapping the bones." This safe, nurturing act prepares you to relax and release all that does not serve you, helping you to return to your "truest" self. Sealing the release, we invoke all 4 elements, (air, earth, fire & water,) during a walking meditation to the sea. There, you will consciously release gifts to invoke your full surrender. You may choose to purify in the salt water or in a freshwater bath. Once you emerge, you will be cleansed physically, emotionally, and energetically assisting you in renewal.

## **Womb Clearing**

*60 minutes - \$125*

Our wombs are the Feminine seat of creation. Whether you still have a physical womb or not, all women carry an energetic womb. This gentle and loving session helps you to restore this sacred place back into balance. Sarah holds compassionate space for you to energetically clear out any old thoughts, beliefs, past experiences or relationships that are blocking your ability to fully receive. The womb, or sacral chakra, is deeply tied to our sensuality, creativity, emotions, and ability to give and receive money resources. If any of these areas of your life could use a boost, this session will surely help you realign and get back into the flow. Note, womb clearings do not involve physical touch, this is an energetic service.



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## Personal Coaching

*60 minutes \$125*

Work one-on-one with Amy to dig in deep and set yourself up for lasting success during your individualized coaching session. This time is yours to create, push boundaries, and work as Amy kickstarts your journey to living out your full potential.

- Push through roadblocks like –
- Setting healthy boundaries
- Prioritizing self-care
- Remembering your self-worth
- Giving yourself permission to be authentically you
- Or is there something else keeping you from being the best version of you?

You can expect to walk away with strategies that will last a lifetime and a personalized action plan to keep you on the right path, even after this weekend.

## Tarot Card Reading

*60 minutes \$100* Tarot is a symbolic map of the consciousness that encompasses our journey through life, both spiritually and practically. The further we stray from our purpose and path, the more wobbly we may feel.

The divinity in the tarot allows for insight into areas of growth or the shadow work that must be done on the ego along with routes to getting back to your bliss and intended path.

The Mother Peace Tarot deck is used to express the elements of the Divine Feminine wishing to work and stay in balance throughout our lives.

## I ching

*30 minutes \$60* The I ching is a divination tool and point of path based on the Tao. I Ching is an ancient, sophisticated divination tool used by the Chinese to predict the pattern of events which will govern and shape our destiny. Three coins are cast a series of six times to create a hexagram, a point of path, and the future's foretelling. Some throws are in motion and can lead to another hexagram, other throws are fixed and will only create one interpretation. The Tao is a 3,000 year old text and advises from the position of energy movement and flow.

## Natal Chart Analysis

*60 minutes \$125* A natal chart is a snapshot of the sky at the moment you were born. Your natal chart gives clues to your major life lessons, shows your destiny, reveals your personality traits and hidden desires, as well as points the way to your soul's purpose. The world is made of energy, each moment leaving an energetic impression that creates time. The moment that you were born a snap shot of energy was poured out.

By understanding our own energies and blockages through natal chart analysis, we find grounding in our true authentic self with empowerment to move forward as the best version of ourselves.

## Private Yoga (Up to 2 people)

*60 minutes \$125*