Anchor the Bliss 2022 Blurb

ANCHOR THE BLISS RETREAT!

MYRTLE BEACH OCEAN FRONT RETREAT

Myrtle Beach, SC USA

October 25-30 2022

We are so excited to announce that we will be holding an “Anchor the Bliss” Retreat this year!!! After the first Bliss retreat in 2019, we knew this was something that we wanted to offer many more times and we are so happy to holding one again.

This year we will focus on bringing more balance into our lives and bodies to allow for better health and wellbeing. We will have a range of activities, meditations, experiences and adventures that will help us connect with the elements within and without and bring healing, nurturing and light to all parts of who we be.

During this retreat, we will go deeper into our ability to anchor heaven on earth and live a more joyful and peaceful life. This will not only lift and shift us into a higher vibration, but it will benefit all beings!

We will spend time in a gorgeous beach house right on the ocean where we will be spreading the bliss and receiving the healing vibes from the land, forest and nature we are surrounded in.

In addition to the energy healing, music and meditations, we will bring in a lot of nurturing, restful, grounding and fun experiences. This will really help us reconnect with our spirit, be receptive to healing, help the body let go of the past and find more of true self!

Be prepared to have time for fun, rest, music, nurturing and joy-full activities! We hope you will join us to nurture and reconnect with the body and soul at a deeper level

During this retreat you will experience…..

Meditation

Relaxation Exercises

Time in Nature – ocean, walks, gardens, forest trails etc.

Help with Anchoring Bliss and spreading into our lives

Time to rest, relax, re-store and balance

Energy Healing

Sound Healing

Kirtan

Mantra

Optional Extra Activities such as:

Yoga, Reflexology, Massage, Cacao Ceremony and more

(still in process of being confirmed and organized)

Lots of fun!

Retreat House Info:

9 people (besides us) can sleep comfortably in this beautiful home. However, people can still come to the retreat and stay somewhere else nearby.

Accommodation at this beach house is first come, first serve so quickly reserve your spot if you'd like to stay there.

There is also the option to just come for the retreat program and stay at a different location such as your own home (if nearby) or another accommodation of your choice.

Retreat Cost with Accommodation at Beach House $1,300

(without Accommodation $650)

Price includes:

-5 Nights Accommodation in Beautiful beachfront House (limited to 9 people so reserve fast)

-Tea, Coffee, Fruit and Snacks Provided

-Dinner on Tuesday Night (vegetarian home cooked)

-Lunch on Wednesday (vegetarian catered)

-All Meditation, Music and Retreat Tuition

-Some additional optional sessions (for example, yoga class, cacao ceremony and others TBD)

Not included:

Travel Expenses

-Spirit Airlines usually has very good deals such as $50 from NY

- Driving is a great option if you travel with others and share costs and driving

-Airport is 10 minutes from beach house so Uber is easy or we will try to get you if timing works

Other Meals than the ones listed above

-there is a super market 1 minute away from where we are staying

-we plan to do some fun optional outings to cafes and restaurants minutes away

Accommodation at Beach House

This home is gorgeous and spacious in a quieter section of Myrtle Beach State Park. We find this time of year to be wonderful temperature.

The house is right on the beach and our sessions will be facing the ocean and breathing in it’s wonderful vibes. We are also surrounded by beautiful nature with trail walks just minutes away.

Each room is different with bed size and arrangement; however, you can expect to share a room and bathroom with at least one other person.

Room arrangements will be first come, first serve. A $300 deposit is required to reserve your room and which bed you choose. All payments to be **made by Venmo: Jodi Sada Quaranta (preferred)**

 **Or**

**Paypal to ompurity108@gmail.com**

Final payments for the retreat must be made by August 15th 2020.

Please contact us to to register: maitreyasada@gmail.com

Retreat Timing:

Retreat begins at 5pm October 25h

Retreat Ends 10am October 30st

Much love

Maitreya & Sada