



**SKY DANCER**  
Healing Retreat

HEALING GETAWAYS *Price Guide*



[WWW.SKYDANCERHEALING.WIXSITE.COM/RETREAT](http://WWW.SKYDANCERHEALING.WIXSITE.COM/RETREAT)





*Experience an inner transformational  
journey through our healing getaways  
and holistic therapies.*

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We know how much stress, anxiety and past traumas have a high impact on people's lives. The long-term suppression of our emotions can be extremely harmful to our physical health, causing exhaustion and even illnesses.

On our getaways, our mission is to provide you with the guidance and rest you need. Here you will find a safe space for you to heal, and the perfect environment to take a break and find some peace.





THE SKY DANCER HEALING RETREAT IS AT  
YOUR SERVICE AND WILL OFFER YOU  
HEALING THERAPIES THAT SUPPORT:

Eating Disorders

Death/Loss

Childhood Trauma/Reparenting

Anxiety/Shame





## THE BENEFITS OF DOING A PRIVATE HEALING GETAWAY

Psychological, emotional,  
and physical healing

Connecting with nature

Promoting your well-being







*Reconnect with yourself in  
a peaceful and beautiful  
natural landscape*





## *The Location*

Located in a wonderful small community just over the border of Canada, in picturesque Seabright Cottages, The Carriage House is a relaxing place to stay overlooking the Strait of Georgia.

You will find yourself surrounded by an inspiring nature with ocean views, a forest surrounding the property, and abundant protected wildlife including bald eagles and deer.



In the area, you can find hiking trails, various parks, beaches and the Point Roberts Marina. Over the border, at Tsawwassen and Ladner you can also find wonderful restaurants to enjoy, and the Tsawwassen Mills (the largest mall in North America).





## *Amenities*

- House with private bedroom, kitchenette, bathroom and patio
- 24-hour security cameras
- Handmade soaps and other basic amenities
- TV, internet and stereo
- Air conditioning
- Free parking
- Pool and Hot tub
- Firepit



# Program 1

\$375

breakfast and all healing services included (accommodation fee paid separately upon booking - [click here to check date availability](#))

## 2-day Retreat Immersion

### DAY 1

Organic Breakfast  
Morning Session (1h30 HMR therapy)

### DAY 2

Organic Breakfast  
Morning sessions (1h HMR therapy)

# Program 2

\$975

breakfast and all healing services included (accommodation fee paid separately upon booking - [click here to check date availability](#))

## 2-day Retreat Immersion + 4-day post-Retreat Integration

### DAY 1

Organic Breakfast  
Morning Session (1h30 HMR therapy)

### DAY 2

Organic Breakfast  
Morning sessions (1h HMR therapy)

### DAY 3 TO 6

1 virtual follow-up healing session  
per day for 4 days



# *The Breakfast*

We serve fresh locally grown organic produce, locally made fresh bread, farm eggs, coffee and tea. If you have an allergy or specific request (gluten-free) please inform us upon reservation.



# HMR Therapy

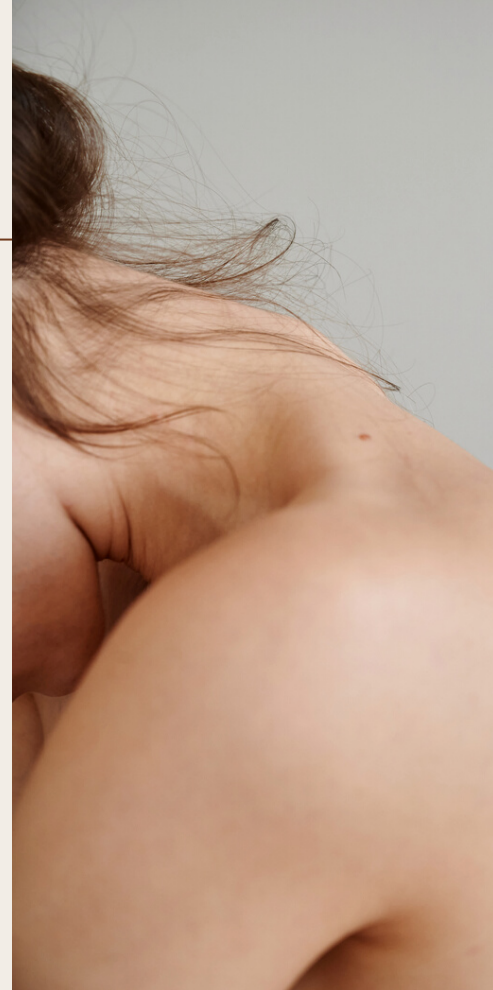
Created by **Brent Baum** and approved by the Association for **Comprehensive Energy Psychology**, HMR is a **body-centred therapy** that addresses **emotional reframing for traumatic/stressful events**.

This non-invasive therapy aims to access specific areas of the mind through somatic, colour and energy psychologies and carry out a reframing. This way, we alleviate emotional and physical pain and release possible triggers.

## Benefits

- Does not require analysing and reliving traumas giving a greater sense of security and emotional control;
- Treats several psychological & somatic conditions (Anxiety, PTSD, eating disorders, addictions, trauma, etc);
- It helps neutralize the traumatic information and response by reprogramming subconscious memories;
- It emphasizes body-mind control and eliminates response to triggers.

***Recommendation:**  
Reiki sessions are suggested after the first HMR session to help balance chakras and clear the body.  
You can add an afternoon Reiki session on Day 1 for an extra fee (check 'Notes' on next page to learn more).*





# Virtual healing Sessions

The 4-session follow-up is conducted remotely through HIPAA compliant video conferencing that meets the requirements of the HIPAA Security Rule. HIPAA ensures the confidentiality, integrity, and availability of protected health information (PHI).



## NOTES

*Prices in this document include breakfast meals and all the healing sessions. Prices do not include flights to and from the retreat and any extra healing appointments. Extra healing appointments can be requested and paid for during the stay (30 minute Reiki session \$40, 1-hour Reiki session \$80).*



## *Your facilitator & Host*

Heather Lindquist is a certified HMR Therapist, a Reiki Practitioner, and a Hypnotherapist. She is the founder of Sky Dancer Healing Retreat where she organizes private wellness retreats for deep healing and offers several holistic therapies. She specialises in trauma healing and brings together the wisdom of holistic practices that bridge body-mind-soul. Her mission is to create a safe environment for people to heal their memories and help them reshape their lives.



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