



## RETREATS

Mii amo

# Preventative Wellness Body Mind Intuition

Presented by Cathleen Miller

**October 8 – 15, 2017**

### Sunday, October 8

4:30 – 6:00 PM – Welcome Reception

6:00 – 6:30 PM – Mii amo Ritual

### Monday, October 9

#### **9:00 – 10:30 am, Library – Your Body Mind Intuitive Connection**

Your journey begins evaluating your current state of physical, mental, emotional and spiritual wellbeing. Whether you are healthy with a desire for greater intuitive body mind connection to stay well, or actively recovering from cancer (or illness), this group will inspire you into improved energetic health awareness. Group includes energy clearing, body mind connection training, open q + a style and live demonstrations to better understand your overall energy dynamics.

### Tuesday, October 10

#### **9:00 – 10:30 am, Library – Your Soul Alignment Connection KEY**

Discover how developing and refining your soul connection awareness naturally increases your intuition and body mind connection. This will allow you to better anticipate your needs and understand healthy choices that are best for you. Explore and clear beliefs and patterns that can block this link which is more connected to a whole new level of wellbeing. Includes group energy soul link clearing, open Q + a, live and live demonstrations led by Cathleen.

### Wednesday, October 11

#### **9:00 – 10:30 am, Library – Recalibrating Your Reality**

Experience how multi-dimensional effects of illness affect your ability to get better and to stay well long term. Learn how to create or redefine boundaries and energy standards that are crucial for your own custom balance needs. Includes group energy clearing around your environment, work and home needs, open q + a, and live demonstrations in a fun interactive playful style.

Join this conscious wellness group experience to better understand and intuit your own body mind wellness connection. This retreat allows you to better align with your true physical and emotional needs, while improving energy and confidence about your current and future wellbeing on every level.



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### Thursday, October 12

#### 9:00 – 10:30 am, Library – Discovering Your Wellness Equation

Learn how your core constitution, genetics, time demands and more are only a few of the many factors to determine your 'optimum biorhythm equation'. Group includes visualization and energy clearing to remove programming that keep you limited, open q + a, and live demonstrations to illustrate unique individual needs and more.

### Friday, October 13

#### 9:00 – 10:30 am, Library – Mastering Self Care

Declare peace internally and externally to experience greater balance. Discover how committing to harmony in every area of life will lead you to high quality of life in every way. Find what habits are non-negotiable for you and why. Includes group energy clearing to remove sabotage patterns, open q + a, live demonstrations to illustrate typical challenges to regular practice, and group meditative practice.

### Saturday, October 14

#### 9:00 – 10:30 am, Library – Envisioning Future Wellness

Today we bring it all full circle to take these empowered clarity points into practice so you have practical tools to take home. Group focus is to reinforce new found balance and expand focal points to expect even greater vitality, energy and beauty moving forward. Group includes open interactive play, group energy activation to anchor positive changes to support ongoing success, open q + a, and live demonstrations in a fun interactive playful style.

### Sunday, October 15

#### 8:45 – 9:15 am. Crvstal Grotto – Departure Ritual

### ABOUT THE PRESENTER

**Cathleen Miller**, Master Intuitive, Author & Owner, Intuitive Lifestyle Success

Cathleen works as an elite Holistic Practitioner internationally, leading seminars and holistic spa retreats to activate conscious awareness and empower everyone into their highest personal potential.

LEGEND

*Preferred*  
HOTELS & RESORTS

Exclusively for Mii amo guests. Advanced sign up required.

For further information call 928-203-8500, or on property at extension 302.

*Mii amo*  
a destination spa