Private, Personal, Confidential, Safe Grief Relief Retreats
All Year Round: In Person/On Line

- Individually Designed
- Lyn as your guide
- Call to chat with no obligation

Personal Grief-Relief Retreat:
(Dates and length of retreat scheduled upon request by client)

The Personal Retreat is for grieving individuals interested in exploring their relationship to tapestry of loss in their life. I provide a safe, supportive and nurturing environment. It is specifically tailored to accommodate each individual's specific needs.

While each individual grieves in an entirely personal and unique way, there are certain aspects that are universal. Some individuals are not ready for a group; and this offering can begin to support the deep healing process possible when grief is transformed into personal fuel to power our new reality.

Due to the nature of loss within the family system, a bereaved person is often taking care of others who are also brokenhearted while they themselves are deeply grieving. Grief is the human's response to loss, any loss. "Grief is the most available, yet untapped emotional resource for personal transformation." (LP)

This retreat offers an opportunity to take time to focus on your personal needs during the bereavement period. With devotion to healing: body, mind and spirit, supportive Degriefing integrative modalities; expressive arts, journaling, massage, gentle yoga, breathwork, sound therapy, collage and aroma therapy, are just some of the possibilities that are selected and engaged… all based on the individual's needs and preferences.

No previous therapeutic experience is necessary to benefit from this work. Private time is highlighted and encouraged for integration, honoring personal process, and promoting self-awareness.

Together, through skillful communication, we can clarify the prominent issues to be addressed, length of retreat desired, and integrative modalities to incorporate. The cost is then determined.

A phone interview is required to schedule a personal retreat.
Please call Lyn@ +1-415-457-2272