



One-Day Nervous System Healing and Intuition Expansion Retreats

July 18, 2026 from 9am-3pm

We use the four elements - Earth, Water, Air, and Fire, as a map for human experience. Earth grounds us when we're overwhelmed. Water helps us move through emotion. Air brings clarity in times of change. Fire reignites purpose and energy. Together, they form a complete cycle of regulation, healing, and transformation.

Session 1 - Root & Release

A grounding immersion for stabilizing the system and softening what's been held.

This opening retreat helps you land in your body, settle your nervous systems, and gently begin releasing emotional backlog. This day emphasizes safety, rooting, emotional softening, and reconnection.

What you will experience:

- Breathwork for down-regulation
- Somatic anchoring and body listening
- Ground-based labyrinth walking
- Music and frequency healing
- Language that affirms safety, belonging, and emotional truth
- Gentle expressive arts for emotional movement

Why it matters:

Earth creates the conditions for emotional processing to become possible, while Water makes space for tears, tenderness, and truth. Together, they will help you feel rooted, present, and ready to release what you've been carrying.

Outcome: This retreat is focused on feeling grounded, emotionally lighter, and capable of holding your own experience with compassion.

by donation: \$250 - \$300 per person for each event

Reserve your spot or learn more by emailing
info@nancythomsoncounselling.ca



One-Day Nervous System Healing and Intuition Expansion Retreats

August 22, 2026 from 9am-3pm

We use the four elements - Earth, Water, Air, and Fire, as a map for human experience. Earth grounds us when we're overwhelmed. Water helps us move through emotion. Air brings clarity in times of change. Fire reignites purpose and energy. Together, they form a complete cycle of regulation, healing, and transformation.

Session 2 – Clarity & Inner Truth

A spacious day for insight, reframing, and reconnecting with intuition

This retreat centres on creating mental spaciousness, emotional clarity, and intuitive alignment. It blends Air elements with the emotional depth of Water and the stabilizing presence of Earth.

What you will experience:

- Visualization and guided imagery
- Language practices for naming, reframing, and truth-telling
- Nature listening and intuitive sensing
- Breathwork for expansion
- Arts and movement for emotional integration
- Moving through the labyrinth integrating knowledge of the four directions
- Light, melodic music to support clarity and openness

Why it matters: Air brings breath, space, and possibility, helping people see what's true beneath the noise. Water supports emotional honesty, while Earth keeps the process grounded.

Outcome: This retreat helps you gain clarity, direction, and a renewed sense of possibility – a deeper understanding of what is shifting within and what wants to emerge.

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One-Day Nervous System Healing and Intuition Expansion Retreats

September 20, 2026 from 9am-3pm

We use the four elements - Earth, Water, Air, and Fire, as a map for human experience. Earth grounds us when we're overwhelmed. Water helps us move through emotion. Air brings clarity in times of change. Fire reignites purpose and energy. Together, they form a complete cycle of regulation, healing, and transformation.

Session 3 – Ignite & Integrate

A transformative activation of purpose, energy, and aligned next steps

This final retreat in the series brings together all four elements in a culminating experience of empowerment, integration, and forward movement. It blends Fire energy with the clarity of Air, the grounding of Earth, and the emotional wisdom of Water.

What you will experience:

- Labyrinth with horse-human connection
- Tapping (EFT) for activation
- Percussive or rhythmic music
- Expressive arts for identity reclamation
- Breathwork for energizing and aligning
- Language that calls forth agency and truth

Why it matters: Fire reignites desire and direction and restores confidence and momentum. Combined with Air's clarity and Earth's stability, this retreat helps you step into your next chapter with courage and coherence.

Outcome: This retreat encourages alignment with energy, purpose, and a clear next step – a sense of who you are becoming and how you want to move forward.

by donation: \$250 - \$300 per person for each event

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