



S P I R I T I N B L O O M

Spiritual Wellness Retreat Barbados

Spirit in Bloom invites you to heal and grow to discover your divine feminine strength and wisdom.

Come and join us for five days of self discovery, personal growth and physical and emotional grounding. Enjoy nutritious food, stimulating ideas and luxurious relaxation. You are free to choose as many or as few activities as you desire.

23 – 28 April 2017



RETREAT INCLUDES

- 5 nights at stunning Fustic House
- 3 nutritious meals per day and healthy snacks
- 2 hour spiritual workshops daily
- 5 yoga classes
- 5 fitness classes
- 1 private theta healing session
- 1 massage treatment
- 1 catamaran dinner cruise
- 1 east coast beach hike and lunch

ALL THIS FOR \$3500 US

Book your place now, spaces are limited.

Contact: Michelle Jamieson

Email: Michellejamieson@me.com

Call: 246.834.8408



PATTI WILSON SPIRITUAL COACH



Patti Wilson M.A., M.Ed, is a highly empathic psychic practitioner with a skill set that includes Mediumship, Channelling, Theta Healing, Spirit Guide readings, Shamanism and Mindfulness Meditation. Patti holds a masters degree in counselling psychology as well as a masters degree in education.

Patti's thirty years of experience helping people through her work as a psychotherapist, educator, consultant and founder of both Wilson Counselling Associates and The Spiritual Coach enables her to bring tremendous skill and insight to her spiritual coaching career. Her warmth and humour help create a rich environment for personal and spiritual growth.

Theta Healing is a form of spiritual healing and manifestation that can instantly release toxic beliefs, bringing tremendous shifts in emotional states, unhealthy patterns and overall wellbeing. This shift into positive core beliefs leaves one feeling peaceful, loving and confident, opening up one to deep healing mentally, emotionally, physically and spiritually.

spiritualcoaching.ca





PAMELA HARRIS YOGA INSTRUCTOR



Pamela has been joyfully teaching yoga for 16 years. She is a certified Anusara inspired yoga instructor and advanced yoga therapist through integrative yoga therapy. Her teaching is creative and uplifting with a focus on good alignment and awareness to create openings in mind, body and heart to help radiate health and happiness.

Pamela believes that aligning the body well allows one to open up energetically to clear the way for insight and change as required. Pamela balances precision with softness and freedom of movement to enjoy the dance of life.

Pamela is principle teacher and owner of Sunshine Kula Yoga studio in Barbados.

www.sunshinekula.com



PAULA WALLACE EVENTS & NUTRITION



Paula Wallace is owner and operator of Tree Frog Trips, a customized Barbados travel company.

Paula's expertise in the best Barbados has to offer is extensive, so no need to stick to our itinerary if you want a break from the schedule.

Switching to a plant based diet at a very young age, Paula's choices for the retreat are fresh, local and as organic as possible. We have put together a delicious, nutritious meal plan for this retreat that you will love.



MICHELLE JAMIESON YOUR HOST



Michelle's personal journey and work on herself has resulted in a passion to help other women discover their path to empowerment. Michelle has 30 years experience in health and fitness in Canada in various roles as fitness instructor, personal trainer, nutritional consultant and health club owner and operator.

After years of dreaming of a wellness retreat it took relocation and falling in love with Barbados to spark this intention. Being witness to Patti's blossoming from psychotherapist to spiritual medium and theta healer made Michelle realize the time was right to combine efforts and manifest the vision.





FUSTIC HOUSE

Fustic House is a quintessential Caribbean home nestled in 11 acres of majestic Mahogany trees. Originally built in the early 18th century and redesigned in the '70s by famous theatrical designer Oliver Messell, Fustic House is a hidden treasure. Relax beside the lagoon like pool built in cut rock whilst experiencing breathtaking views on the deck. We invite you to indulge your spirit in these magical peaceful surroundings.

