



NEWSLETTER 2021
April

Women's Wellness Retreats 2021

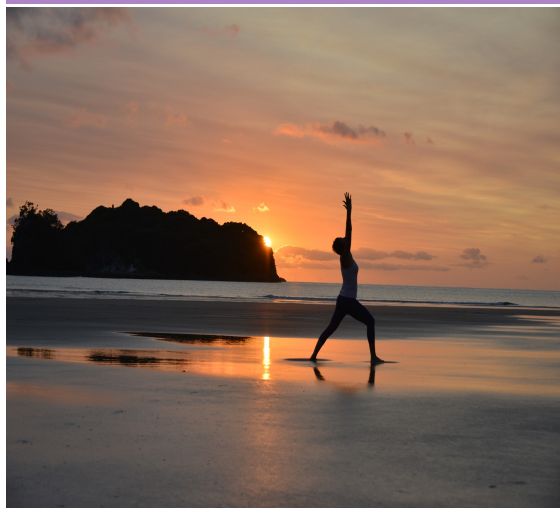
These three day Retreats are an opportunity for those who are seeking to explore your spiritual self and expand your consciousness to align with your life/soul purpose. It is an opportunity to create lasting transformation and permanent healing from within.

The workshops and healings offered, aim to support you to reconnect with what's important to your heart and soul and strengthen your practice of living a life based on your intuition and guidance.

HEALING HOUSE CARA ELLIOTT

www.healinghouse.co.nz

cara@healinghouse.co.nz



An extra-ordinary experinece was had by all at our April Women's Wellenmss Retreat.

A big thankyou to you all!! Your awakening and self discovery was an honor to be a part of and made our hearts sing. ♥

A big thankyou to Chantelle French who joined us on this retreat to offer her wisdom on Health and Wellness and her Pangu Shengong. Amazing!

www.bioenergetix.co.nz

WOMEN'S WELLNESS RETREAT

Whangamata, Coromandel, New Zealand.

For more information
cara@healinghouse.co.nz

[www.facebook.com/Healinghouse.co](https://www.facebook.com/Healinghouse.co.nz)
[.nz](https://www.facebook.com/Healinghouse.co.nz)

"A amazing weekend and feeling blessed meeting such beautiful like minded women ♥♥" Rowena. Auckland

"An incredible experience that I am so thankful to have been a part of. Thank you Cara" Lisa. Auckland



Healing your Mars & Venus The Lover & the Warrior



MAY 14th – MAY 16th

Three day RETREAT

2021

**KNOW THE ASTROLOGY OF YOUR RELATIONSHIPS - ENGAGE THE
ALCHEMY OF HEALING.**

This Retreat is co-hosted by Cara Elliott and Christine Broadbent

Whangamata, Coromandel. NZ

Cost: \$575 per person. Includes accomodation for two nights and all workshops and yoga.

Cara will be offering her unique blend of life/soul coaching, energy healing, guided meditations, and breath-work to release old patterns and paradigms. www.healinghouse.co.nz

Christine offers over 30 years of astrological counselling, writing and teaching. She loves guiding students to embody the gifts of their celestial birth patterns. www.astrologyspot.com.au

Retreat Includes:

A three day and two night retreat at the Palm Pacific Resort Whangamata www.palmpacificresort.com

- ✓ Swimming pool, spa, sauna, tennis court and walking distance to cafes, restaurants and the beach.
- ✓ Your own bedroom in a two bedroom apartment with full kitchen, lounge & dining area and bathroom.

Activities & Workshops:

- On Friday evening Venus reappears as Star of the Evening aligned with Moon. Our Opening Ceremony and personal intentions are carried by these Feminine Lights.

- A contemplative beach walk begins a hands-on session focused on integrating the contra-sexual energies Venus & Mars represent, better to embody their magic and healing.
- Personal Alchemy: Explore the splits and polarities of your own Venus/Mars dynamic, supported by Christine's summary of these patterns. Together we explore shift-points, and practical techniques to integrate these energies.
- Everyone will have the opportunity to have a 'Personalized & unique 'one on one' session with Christine or Cara
- A Yoga class available for all, designed specifically for our group.
- 'Own time' for resting, relaxing and reflecting & using resort facilities. Shopping & Cafes. Restorative beach walks and swims.
- Exploration of Oracle Cards, numerology and the I Ching Oracle as we journey further into your inner guide.

Expressions of interests please email cara@healinghouse.co.nz or astroha@bigpond.com

Cara Elliott - Healing House

I offer the following; 60min or 90min unique individual sessions:

- ♥ Holistic Life/Soul Coaching
- ♥ Intuitive Energy Healing
- ♥ Chakra Clearing & Balancing
- ♥ Crystal Healing
- ♥ ThetaHealing® & Psych-K®
- ♥ Workshops & Retreats

All sessions are unique to you and may combine many of the above services.

'Each healing session is a journey in personal growth and spiritual development. In a session we are able to detect blockages in your energetic well-being, which could have been the result of negative programming or past experiences. Through a variety of powerful mental and spiritual exercises we aim to raise & expand your personal vibrations. This often leads to a direct shift in one's life

Adult:

\$150 per 90 minute session

\$110 per 60 minute session

Child: \$50 per 30 minutes

Packages:

Buy three 1 hour sessions: \$300



Keep an eye out for my new:-

✓ Online courses

✓ ebooks

