

Why You Need The Write To Heal Retreat?

"Holding back our thoughts, feelings and behaviors can place people at risk for minor or major diseases."
James Pennebaker, PhD

If you struggle with stress, depression or anxiety writing can guide you to the root of your emotions. Therapeutic writing is a place to confess your struggles and fears without judgment. It starts with simply writing down your thoughts and feelings to understand them more clearly. This process can be very beneficial when it comes to healing from traumatic experiences. Facilitation by a professional writer and a licensed therapist offers the necessary balance of the creative/subconscious and the solid science of psychotherapy. The *You Have the Write to Heal Retreat* provides a safe space to process your struggles and fears with others. We welcome you. You are not alone.

Testimonials



The modality of writing has given me an opportunity to release old values, thought patterns, and beliefs that were limiting my growth. I'm deeply grateful for this intimate soul-cleansing endeavor. It was life-changing.



Write to Heal truly creates a safe space for our healing to begin. I feel my growth would have been stunted without these explorations.



You Have the Write to Heal Retreat

A very special writing retreat that heals.
October 17-21, 2024
Tucson, Arizona



No more carrying the burdens of the past. For five days immerse yourself in the intention to heal with facilitators who will gently guide you to self-discovery. *The You Have the Write to Heal* retreat has been designed to allow you to focus on daily writing, sharing and processing which are the first steps on the path to healing. Join us as we write to heal.

REGISTER AT: www.blankpageconsult.com
CALL FOR MORE INFORMATION: 678-938-2777
Email: youhavethewritetoheal@gmail.com
Payment plans are available

Meet the You Have the Write to Heal Team

Your Facilitators:



Kim Green, New York Times Bestselling Author, Writing Coach conceived the *You Have The Write to Heal* Retreat to serve women who want to seek non-traditional means to overcome past trauma. Her passion stems from her own three books that have saved her life.



Marcia Williams, LPC has over 20 years of experience working with individuals, couples and groups both in private practice and facility-based treatment programs. She is currently writing a memoir about her challenging life experiences and how she has overcome them through writing.



Bri Reilly -
Yoga



Danielle "Rain"
Dvorak -
Sound Healer



Mitch Stevens -
Nature Guide



Alessandra Caprice - Breathwork



Diana Will - Equine-
Therapy



Tammi Silva -
Massage Therapy



Kayla Hayes - Chef



Rates and Accommodations

(All Accommodations are shared)

The Schloss Estate is a luxurious home nestled in the Catalina Foothills of Tucson, Arizona. Featuring 5 bedrooms, 6 bathrooms, pool, jacuzzi, gourmet kitchen, and patios galore. It is a perfect place to rejuvenate and heal. Mountain views, fresh air along with peace and quiet will bring a fresh perspective.

TUCSON RESIDENTS; \$950.00
OUT-OF-TOWN GUESTS - Rates start at \$2,250.00

WHAT'S INCLUDED:

- Luxury Shared Accommodations at the Schloss Estates in the Catalina Foothills, Tucson, Arizona
- Airport Pick-up and Drop-Off
- Welcome Reception
- 3 Daily Catered meals and snacks
- Daily Yoga (Friday-Monday), Write-to-Heal Programming
- In-Town Transportation
- Daily Group Processing
- Farewell Dinner
- Healing Therapies: Breathwork, Sound Healing, Equine Therapy, Desert Hike and Write, Sunset Healing in Saquaro National Park
- Full Access to the Estate's Pool, Spa, and Gym

TUCSON RESIDENTS

- No accommodations*
- Self-transportation*
- Self-pay for Equine Therapy*
- All else included

OPTIONAL AMENITIES FOR ALL:

- Massage with Tammie Silva \$60 minute
- Private Processing Session with Marcia Williams, LPC \$100.00
- Private Writing Consultation with Kim Green \$100.000

QUEEN SIZED BED \$2850 (1 AVAILABLE)

FULL BED - \$2,750 (1 AVAILABLE)

(SOLO ROOM) KING SIZED BED - (1 AVAILABLE) \$3250

SUNSET SUITE KING SIZED BED - \$3750 - BOOKED

TWIN - 5 AVAILABLE \$2500 each

OFFICE TWIN - BOOKED

LOFT: \$2250 (2 AVAILABLE)

\$150.00 Holds your reservation.

Pay with ZELLE using youcanwriteyourlife@gmail.com

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