

“RETURN TO HER” retreat itinerary

A Women's Healing Immersion

April 17-19, 2026 | Tiny, Ontario

Arrival & Departure

- Friday: Arrival + Check-in 3:00–5:00 PM
 - Sunday: Closing Circle + Departure by 2:00 PM
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FRIDAY —

Arrival & Grounding

3:00 – 5:00 PM | Arrival & Check-in. Welcome tea & grounding snacks

Settle into rooms, Digital detox begins

5:30 PM | Opening Circle. Intention setting. Sisterhood introductions

7:00 PM | Nourishing Dinner

8:30 PM | Sacred Cacao & Sound Therapy. Guided meditation for anxiety release and creative channel activation

9:45 PM | Rest. Journaling, quiet time

SATURDAY —

NeuroArt Intensive

Deep Rewiring & Emotional Healing

7:30 AM | Gentle Lymphatic Activation. Morning Juice & Tea.

8:30 AM – 2:00 PM | NeuroArt Deep Immersion (4–5 hours)

An intense transformational, guided Neurographics workshop:

- Emotional pattern mapping
- Subconscious rewiring
- Nervous system regulation
- Integration artwork
- Vision anchoring

2:30 PM | Nourishing Lunch

3:30 PM | Rest & reflection. Optional nature walk. Journaling

6:00 PM | Dinner. Light, high-vibration meal

7:30 PM | Sisterhood Circle & Energy Healing.

Deep rest Sound immersion with Crystal bowls. Re-establishing and deepening the connection with our feminine powers

9:45 PM | Slow down and Rest.

SUNDAY —

Embodiment & Return

8:00 AM | Gentle awakening, Stretching. 3-phase Breathwork.

9:00 AM | Morning Juice & Tea

10:00 AM | Sacral Dance - Feminine Energy Boost

11:00 AM | Closing Ceremony. Embodiment practice. Emotional release. Somatic integration

12:30 PM | Light Lunch and Tea

2:00 PM | Departure

What's Included

- 2 nights accommodation in a cozy cottage (fresh towels & bedsheets included)
 - Body and soul nourishing all vegetarian meals + morning juices. Tea & healthy snacks
 - 4-5-hour NeuroArt Intensive Workshop
 - All creative materials
 - Heart-opening cacao ceremony
 - Sound Therapy Friday and Saturday
 - Guided meditations, movement & breathwork
 - Exclusive techniques for activating and unlocking the power of the Sacral Chakra
 - Supportive sisterhood circle
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Retreat Guidelines

- Minimal phone use (digital detox)
 - No alcohol or substances
 - Safe, sacred, supportive space
 - No artistic experience required
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Investment & Booking

Accommodations:

1. Shared room (up to 3 people) - \$500 +hst
2. Semi-private room - 2 people share a room \$620+hst
3. Private King room for 1 person, with private bathroom - \$800+hst

Please make a choice of your room, and email destiniamatrix@gmail.com to confirm. To finalize the booking a non-refundable deposit is required at time of booking. The remainder to be paid on or before April 1, 2026

- Non-refundable deposit: \$200+hst to reserve your spot .
Etransfer to destiniamatrix@gmail.com
- Limited spaces available. Maximum 10 participants
- Early Bird Bonus (until Feb 28 midnight):

*FREE Life Roadmap PDF (50+ pages) by Destinia Matrix!
Your very own date of birth based guide to your life.*

