



## **Participant Details for Women's Self-Renewal/Sound Healing Retreat The Healing Sanctuary, July 18-20, 2025**

**When:** Friday, 11am thru Sunday, 3 pm

**Where:** The Healing Sanctuary - Nine wooded acres, just outside Eugene, Oregon 97405  
(Address/directions will be sent separately upon registration.)

**How much:** Early Bird Discount: **\$425** if paid in full **by June 15**; **\$495** after **June 15**. **Late registration fee of \$25 added after July 1** (if a spot is available.) Please don't wait until the last minute. Follow your heart now. It helps your transformation begin sooner, and really helps me prepare energetically, once I know who will be here.

(Slight additional charge for indoor accommodations or if I provide camping gear.)  
**2 payments available** if requested. **Includes all food, lodging, retreat supplies & amenities, Sound Healing/Initiations/Yoga/Edgu sessions, hot tub, and more.)**

**What to bring:** My camping ("glamping") gear or yours, to be decided when you register. I have a limited number of tents, futons, pads, cushions, and other comfort-inducing camping equipment to make your outdoor sleeping experience one you will remember quite fondly. **All are on a first-come basis.**

(NOTE: The *only* way I camp these days is if I create a super-comfy nest, so we'll make sure your "nest" is comfy, too! We also *may* have a *couple* indoor spots available. Just let me know your needs, preferences, or concerns.)

**What else:** **TO REGISTER**, email me at [nancy@nancyhopps.com](mailto:nancy@nancyhopps.com), or better yet, call me at 541-913-9784. **REGISTRATION CLOSES when full, or WED, JULY 9.** *I will speak with all participants as part of the registration process –* **SEE MORE DETAILS BELOW!**



**Self-Renewal / Sound Healing Retreat**  
at  
**The Healing Sanctuary**  
**JULY 18 - 20, 2025**

**A Few Comments from Past Participants:**

- *"Your weekend retreat gave me a safe space...to be held in the nurturing, renewing energy of this place, and the grace of your inspired and healing facilitation. The group activities, crystal singing bowls, and interaction with the other participants helped me step into myself, and the unknown, in a new way. I felt buoyed by Love. (The food was great, too - it was like a healthy cruise!)"*
- *"Thank you for this exceptional experience that is a milestone and 'next shift' on my path."*
- *"A glorious reminder that facades fall away when love is present, and our shining innocent souls emerge to play!"*
- *"A deeply moving, beautiful experience."*



## ***What is a Self-Renewal/Sound Healing Retreat?***

This popular annual event is a safe, intimate space to step away from the noise, settle into nurturing practices, and allow your whole being to rest, renew, and recalibrate.

It's a rare opportunity to be "off grid," to step back from life's incessant daily demands... to leave behind the energetic impact you feel (consciously and/or subconsciously) from the chaos and uncertainty that exists in the world around you, as together we create a cocoon of high vibrational frequency wherein rapid transformation, activation, and healing can and does occur.

Whatever stage of this shared rebirthing, transformational process you find yourself in, if you feel called to deepen and accelerate that process, I invite you to join me for this very special gathering – perhaps the last of its kind – here at my home, "The Healing Sanctuary," in Eugene, Oregon.

In this world of nearly constant doing, this retreat affords many opportunities to simply "be."

We will find a balance of relaxed *doing* and mindful *being* through:

- Sound healing (with over 30 alchemical crystal singing bowls, toning, etc.)
- Guided meditation/journeying/activations
- Communing with Mother Nature
- Morning Yoga and Edgu sessions
- Journaling
- Playtime! (Yep, like kids do!)
- Rest and renewal, silence and solitude
- Sacred community

### **All activities are optional.**

In honoring the powerful wisdom within us, we'll blend the richness of group interaction and sharing with quiet, alone time. We'll be sacred and silly, structured and spontaneous. We'll have yummy, healthy meals together, with options of hot tub soaks, nature hikes, fire pit magic, lounging in the hammock... or just sitting under Luna, the giant sequoia who graces the front yard of The Healing Sanctuary. We will *be* the peace we wish to see in the world.



If this speaks to your heart — as it does mine! — please consider joining us. In previous years, this has been a powerful energetic gathering. If it's calling to you, **see above for registration and details, then contact me.**

Since this is my home and sanctuary, I'll be speaking with all registrants before sending out directions and final details. I am so looking forward to this annual event. I know this year will be as powerful and renewing on many levels as the previous years have been. Coming together like this is one of the best things I feel I can offer during these times of such great upheaval. And I know that the people who are meant to be here will be here. Are you one of them? If so, give me a call. Blessings, my friend, and namaste.

*Present Moment, Present Moment,  
All there is, all there is.  
Living in the Present – very, very pleasant.  
Here I AM. Here I AM.*

~ by Jonah, shared by Alissa, 2016 retreat participant.  
(Note: if you come to the retreat, you'll learn the *tune*, too!) ☺

