



Healing Package

WHY HEAL?

When I was grieving the death of my husband, healing practices supported me to build my confidence, resilience, strength to start life all over again!

Grief can feel overwhelming, and practices like journaling, art, breathwork, or movement give us a healthy outlet for tears, anger, confusion, and love.

My packages will:

- Calm the nervous system
- Support Physical health
- Foster connection
- Open space for meaning and hope
- Bring self-compassion and balance

WHAT YOU GET

- Equine Connection Session
- Healing Session
- Family Constellation Session
- Morning Tea
- Lunch

If you book with a friend, you get **50% off the 2nd person.**

Located at Coolabine Retreat in the Sunshine Coast Hinterlands

If you stay at Coolabine Retreat, you will receive **15% off your accommodation price.**



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