

**JULY 26TH - AUGUST 2ND 2023  
CATSKILLS, NY**

# **WOMEN'S GRANDMOTHER RETREAT**



**A JOURNEY AROUND  
THE MEDICINE WHEEL**

**WITH STEPHANIE MOORE**

Wednesday July 26th to  
Wednesday August 2nd 2023

**Catskills, New York  
Retreat Cost: \$2,950\***

You are invited to join me and the Grandmother Shamans on a 7 night/8 day healing journey around the medicine wheel. Experience the indigenous plants, sacred rites and ceremonies, and ancient teachings of Peru in the beautiful mountains of the Catskills New York. This journey will be geared toward women only as we will explore the inner workings of our minds, bodies and spirits in a gentle, loving, and intimate container. We will open each direction of the medicine wheel and connect with the teachings, rites and energies of each archetype, and integrate them in 4 transformative Grandmother ceremonies.

This is an intimate and powerful retreat. There are only 12 spaces available. Details:



\*This price includes: all meals, ceremonies, tools and teachings. Also access to shower and spa facilities. It does NOT include upgraded sleeping accommodations, transportation, and optional healing sessions (integration sessions, energy work, and massages).

**Sleeping accommodations:**

There are two options for sleeping accommodations. There is limited space for both. Lotus Belle Tents and self-tenting (bring your own tent and sleeping supplies)/camping on the land. Self-tenting is included in the cost \$2,950 for the retreat, the Belle Tents carry an additional cost of \$85 per night. See below for cost and availability.

\$85/night or \$595 total for Single Occupancy Luxury Glamping Style Lotus Belle Tents (8 tents left)

\$0/night for Self-Tenting/Camping on Land (4 spaces left)



# Retreat Schedule

7/26 Day 1

Arrive. Opening Retreat Ceremony.  
Open the direction of the South.

7/27 Day 2

Cleansing Ceremony. South Initiation and  
Serpent Journey. Grandmother Ceremony.

7/28 Day 3

Sharing Circle. Massages and healing sessions.  
Open the direction of the West.

7/29 Day 4

West initiation and Jaguar Journey.  
Grandmother Ceremony.

7/30 Day 5

Sharing Circle. Open the direction of the North.  
Hummingbird Initiation and Journey.  
Grandmother Ceremony.

7/31 Day 6

Sharing Circle. Massages and healing sessions.  
Open the direction of the East.

8/1 Day 7

East initiation and Eagle/Condor Journey.  
Grandmother Ceremony.

8/2 Day 8

Sharing Circle. Close directions and Retreat.  
Depart.

## To reserve your space for this retreat:

\*note this retreat is currently available to Stephanie Moore Medicine clients only at this time. If you are not a client and wish to participate please book a first session with Stephanie on her website:

[www.stephaniemooremedicine.com](http://www.stephaniemooremedicine.com)

Click the link provided, sign up, and send a deposit via VENMO of \$500 to @stephaniemooremedicine

After February 1st this deposit is non refundable.

The entire cost of the retreat is due by May 1st. After May 1st cancellations may be refunded if the space is filled. If the space cannot be filled the money will not be returned.

Thank you for your commitments, and I look forward to journeying with you on this exciting retreat. Once your deposit is received I will send you more information on what to expect and bring for your retreat. Blessings.

Walk in Beauty,

*Stephanie Moore*

## Health and Medical:

This Retreat requires that you are in good physical and mental health. Once you place a deposit on the retreat, I will contact you to do a brief health history check. This is for your safety and the the safety of the group. You may be excluded from this retreat if you are taking or have taken in the 6 weeks prior to the retreat any MAOI Inhibitors or any SSRIs or certain anti-depressants. If you have a specific question about your health or any medications please reach out to me before you place your deposit.