WELCOME!

Soulful Directions was brought to life in 2021 for the purpose of bringing together people searching for spiritual community and personal growth. Our ‘Retreat Your Soul’ events offer a welcoming space where you will find yourself immersed in nature at our beautiful waterfront location. Led by caring, compassionate retreat guides, your day will be full of thought-provoking lectures, life-enhancing tools and techniques, ceremonies, amazing organic food, and making new friends and connections. Everything is taken care of so that you can focus on YOU.

As a ‘*Retreat Your Soul*’ attendee you will be guided to take ownership of your healing journey with activities such as meditation, breathwork, Emotional Freedom Technique (EFT), and letting go of what no longer serves you. Learn from lectures on ‘The Art of Creating Your State’, ‘Building Relationships in the New Paradigm’, ‘Nutrition, and Spirituality, Why it Matters’, and ‘Superfood Smoothies’.

Now is the time to create the life you truly desire - join us to begin your transformation!

### **See what past attendees are saying -**

* *“Amazing location, beautiful, and close by.”*
* *“You did an amazing job and covered a lot in one day!”*
* *“The presenters were full of information! Very spiritual and amazing!”*
* *“It was so great!”*
* *“Sally was always full of passion and energy. Olga was funny and a good meditation teacher. Isabel was very friendly, I can learn a lot from her.”*
* *“I absorbed all of it like a sponge, time flew by for me!”*
* *“The presenters were charismatic, made me feel comfortable, and had great energy!”*
* *“Excellent spiritual up-building. Thank you. NAMASTE.”*
* *“Sally was very vibrant & encouraging. Olga was thoughtful & intuitive. Isa was passionate.”*
* *“Each speaker was great - personable and made a point to talk during breaks to me.”*
* *“Music was amazing, especially the ceremony!”*
* *“Time well spent today. The syllabus was delivered and I have useful tools to use in everyday life. Sally was direct & detailed. She broke things down to allow us to apply. Olga provided tools to improve daily life, such as EFT. Isabel represented Spirituality. Awaken to the lessons I need to learn.” - Heather M.*
* *“The speakers are all awesome, I enjoyed everything. Commentary from chef to share his passion (it was evident in the quality) and what drives him (but then, I am a chef!)”*
* *“Sally had great personal examples. Olga was crisp & clear. Isabel was heart touching.”*
* *“Workbook is very good. Thank you. The speakers were very convincing. Olga was very calming in yoga Nidra. Sally had a very good summary & take aways for “The art of creating your state.”*
* *“Both Sally and Olga were full of information & amazing. Isabel was very spiritual & amazing.”*
* *“The entire retreat was absolutely amazing, relaxing, peaceful and full of info. I enjoyed the entire experience and took a little bit of something from all of the retreat parts.”*
* *“Each speaker was amazing and shared very important and useful information.”*
* *“Wonderful, all of you. Thank you!”*