

Private Hot Springs Healing Retreat

Friday April 26th – Monday April 29th, 2024



We invite you to come honor yourself by participating in a women's private hot springs healing retreat located just a few hours from Boise. Let go of things that no longer serve your greatest good, while getting in touch with your authentic self. S. Lori Johnson, LCSW and Michelle Jobe, LMT will be hosting this retreat to aid in inner healing, releasing, relaxation, rejuvenation and bringing about balance to self. Prepare to relax and heal under the stars with the Snake River as your backyard sanctuary and the luxury of a PRIVATE artesian hot springs/cold pool! Enjoy light daily morning rituals, meditation, hypnotherapy, energy healing, art therapy-soul collage and collective time learning, growing and expanding to help calm your mind and soothe your soul. During free time, take advantage of resting, soaking, relaxing, journaling, hiking and/or exploring. Please e-mail michellekjobe@gmail.com for additional information.

We hope you will join! Space is limited!



Accommodations and Cost:

\$1000 Option:

Participation in all offerings but finding accommodations off site. There are hotels, Airbnb's and yurts close by.

\$1200 Options:

Hummingbird Hollow Huts - There are four huts with sleeping cots that accommodate 2-4 guests per hut.

What's Included:

3 nights stay if choosing to stay on site, 8 meals, guided hypnotherapy and energy infused meditations, group activities, 1 individual Vibroacoustic Therapy Session, BioEnergetics Scan (including imprinted tincture and/or stone) and access to Hot Springs Pool on property.

~There will be an option for additional vibroacoustic sessions, massages and individual hypnotherapy at an additional charge.

Watch the video to view the accommodation. The Hummingbird Hollow Yurt is not in this video as it was recently finished.

<https://www.youtube.com/watch?v=YCFBXXYZbco>

Registration:

Please click on the link below to register. Payment options are available so please inquire below.

[Register](#)

Food:

Dietary restrictions will be taken into consideration very seriously. All food provided will be made with healthy, gluten-free ingredients. A variety of food will be available, and individuals will be contacted before the retreat to obtain specific dietary restrictions.

Schedule: (This may change slightly as the retreat approaches)

Friday, April 26th

4:00pm-5:00pm – Check-in

5:30pm-6:30pm - Dinner

7:00pm-9:00 pm Welcome, introductions, meditation, fire circle

Saturday April 27th and Sunday April 28th

7:30am-9:00am - Light Breakfast Buffet

9:30am-12:00pm- Light exercise, Meditation, Energy Work,
Project

12:00pm-1:00pm Lunch

1:00pm-5:15pm Free time

5:30pm-6:30pm Dinner

7:00pm-9:00 pm Guided Energy infused Meditation, Fire circle

Monday April 29th

7:30am-8:30am – Light Breakfast

9:30am check out

Lori and Michelle are beyond excited to be able to offer this retreat to our community and look forward to seeing you there!



Questions:

Please feel free to e-mail michellekjobe@gmail.com or call/text 208-407-3665 for questions or concerns.