

Take a breath. Celebrate.

Women's Retreat for Cancer Survivors
and Caregivers



*March 11, 2023, Unity Church of Tidewater
Virginia Beach, Virginia*

<https://stmichaeloils.com/hearts>



ST. MICHAEL & COMPANY
Spa and Wellness

Introduction

Dear Prospective Attendees:

I appreciate your interest in ***Take a Breath. Celebrate. Women's Retreat for Cancer Survivors and Caregivers*** on **March 11, 2023, from 8:30 a.m. - 4:30 p.m. at Unity Church of Tidewater.**

At St. Michael & Company, the love for health and wellness is very personal. Our mission is our passion, and our passion is to promote wellness in this retreat.

The company started our wellness journey when a family member was diagnosed with cancer in 2017. In search of healthy options for cancer care and treatments, we have traveled to 27 countries and begun exploring mind and body wellness alternatives such as nutrition, yoga, meditation, acupuncture, therapeutic massage therapies, and aromatherapies.

Initially, St. Michael & Company began as an essential oil company. In 2019, St. Michael & Company Essential Oils launched the Cancer Care and Wellness Oil Blends. These essential oil blends are 100% natural and organic for personal use and therapeutic use to complement cancer care. As we dived deeper in pursuit of purpose and passion, we concluded that a holistic approach to wellness is the way to go. We now offer wellness retreats to make a bigger impact and create lasting transformational change toward welln

The retreat is three months away. We are trying to finalize some more details; however, we are excited about the wellness activities planned for you. So come and join us. It will be a fun and great opportunity to pause, plan, and prepare for 2023.

- Yoga
- Reiki
- Meditation
- Sound Healing
- Art Therapy
- Mind & Body Nourishment

Please let us know if you have any questions at stmichaelandcompany@gmail.com. Looking forward to seeing you soon!

Thank you.

Sincerely,

St. Michel & Company

Take a breath. Celebrate.

Women's Retreat for Cancer Survivors and Caregivers

Speakers & Facilitators



Maria Ramirez, President & CEO, St. Michael & Company

At St. Michael & Company, the love for health and wellness is very personal. The company started its wellness journey when a family member was diagnosed with cancer in 2017. In search of healthy options for cancer care and treatments, Maria explored mind and body wellness alternatives such as nutrition, yoga, meditation, acupuncture, therapeutic massage therapies to aromatherapies. She has traveled to 28 countries. Prior to St. Michael, she has more than 25 years of experience in Brand Management, Public Relations and Crisis Communication.



Mary "Toni" Dolan, M.Ed In Agency Counseling

Toni has more than 25 years of experience as a Re-Evaluation Peer Counselor. She is a retired special education teacher in Chesterfield County. Toni will share effective tools for emotional healing, including active listening exercises to release unlimited creativity, strengthen problem-solving skills, and enrich our zest for life.



Rev. Ann Frances, Minister, Unity Church of Tidewater

Reverend Ann Frances was welcomed as the Unity Church of Tidewater minister on November 1, 2017. Reverend Ann also has training and experience as a spiritual counselor using the Unity 5-step Counseling Process as developed by Reverend Robert Brumet. During her schooling, she interned at Rosebrook Women's Shelter. As a passionate and vibrant speaker, Reverend Ann demonstrates that goodness is our Divine Nature. All are invited to uncover, discover and recover the Light of God, expressing uniquely as them. Jesus said, "You are the Light of the World."



TheresaLyn is Holy Fire III® Karuna Reiki® Master/Teacher,

TheresaLyn is a Certified Shamanic Practitioner, and a Certified Hypnotherapy Practitioner. Her spiritual journey began with seeking and understanding holistic health practices for overall wellness. These pathways enabled her to manifest a deeply personal spiritual awareness and a desire to adopt a Shamanic lifestyle, which led to her receiving knowledge and training from accredited spiritual masters. Through Reiki and Shamanic healing, one can experience energy shifts that allow increased awareness and balanced wellness of mind, body, and spirit. Her spiritual journey began with seeking and understanding holistic health practices for overall wellness.

If you're changing the world, you're working on important things. You're excited to get up in the morning.

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Stephanie Raaschou, Owner and Founder, Collective Yoga
Stephanie (E-RYT) is the owner and founder of Collective Yoga. She completed her yoga teacher training in Virginia Beach in 2015, earning her 200 RYT certification. She has also completed an additional 500 hours of training with Tara Stiles, the founder of Strate Yoga. Strate Yoga is a feel-good yoga that allows for a certain freedom in moving and flowing. Stephanie's style of guiding is encouraging, calm, and relaxing, allowing for plenty of freedom to move how it feels good for your body while still focusing on practicing safely.



Sidra Bennett, Holistic Esthetician & Owner of Temple of Skin & Soul

Sidra has always been fascinated and passionate about our skin and the nutrition we put into it. She believes skincare ingredients are just as valuable as what we put into our bodies. Everything is interconnected & woven when it comes to our health. Being mindful of the food we eat, the way we move our bodies daily, the environment surrounding us and our state of mental & emotional health all impact our skin & whole being. Temple of Skin & Soul tends to the inner workings of your body and energetic field. You deserve to live a life empowered, and one of my missions is to help you embody the brilliant, beautiful, limitless soul you truly are. It's about returning to home, which is within you, not outside you. Sidra is a Licensed & Certified Master Esthetician in Virginia & Colorado.



Caroline Fornshell, Owner, Live Well

Caroline is a seasoned Registered Dietitian-Nutritionist, personal trainer, and certified diabetic educator. She graduated from Virginia Tech with a hospitality degree. Her passions for cooking and eating led her to the science of food and nutrition. While Caroline obtained prerequisites for the Registered Dietitian Credential and a Master's Degree in Nutrition and Dietetics from the State University of New York at Oneonta, she worked as a Certified Personal Trainer for many years. She completed the required clinical rotations through the Sentara Healthcare System throughout Hampton Roads. Later, Caroline found great satisfaction through her work in diabetes and obesity research at Johns Hopkins in Baltimore. The combination of fitness, culinary arts and Medical Nutrition Therapy™ gives Caroline a unique trifecta of knowledge to offer to her patients and clients.



Dacia Thorson, Owner/Chef, Honest Pastures,

Honest Pastures is the official caterer for this event. Since 2018, Virginia Beach's Honest Pastures has offered 100 percent plant-based meats. Owner B. Dacia Thorson models her new deli that opened in November of 2021 after popular sandwich shops, such as Subway, and offers sandwiches, burgers, salads, soups, desserts, side dishes and weekly specials. After going vegan 15 years ago, Thorson began making plant-based meats at home. Today, she ships Honest Pastures bulk and wholesale products to cafes and restaurants nationwide.

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Live your life!

“There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.”

— Albert Einstein



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A woman with blonde hair tied in a bun is shown in profile, looking upwards towards a vibrant sunset sky filled with orange and yellow clouds. The scene is peaceful and contemplative.

Exhale...

...

“When we inhale, the air comes into the inner world.

When we exhale, the air goes out to the outer world.

The inner world is limitless, and the outer world is also
limitless.

We say "inner world" or "outer world" but actually,

There is just one whole world.”
— Shunryu Suzuki

Celebrate the Color of Life

“To hear never-heard sounds,
To see never-seen colors and shapes,
To try to understand the imperceptible
Power pervading the world;
To fly and find pure ethereal substances
That are not of matter
But of that invisible soul pervading reality.
To hear another soul and to whisper to another soul;
To be a lantern in the darkness
Or an umbrella in a stormy day;
To feel much more than know.
To be the eyes of an eagle, slope of a mountain;
To be a wave understanding the influence of the moon;
To be a tree and read the memory of the leaves;
To be an insignificant pedestrian on the streets
Of crazy cities watching, watching, and watching.
To be a smile on the face of a woman
And shine in her memory
As a moment saved without planning.”

— Dejan Stojanovic



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Breathing Space

“By pausing, if only for a few seconds and taking a few slow, deep breaths, we can begin to slow down our heart rate and relax our tensed muscles. We can then focus more effectively on what response will best advance our interests.”— William Ury



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Retreat Schedule

Take a Breath. Celebrate. The goal of this retreat is to create a breathing space to pause- relax, and enjoy the day. Our focus will be fun, friendship, and festivities. The venue will be decorated with Moroccan flare design elements to bring a lot of colors and texture inspired by Morroco, the land of trade and spices. Dacia Thorson (Honest Pastures) and Caroline Fornshell (Live Well) have created Moroccan-inspired meals to nourish our bodies. Theresalyn,r with Anne Leanzo, has prepared a special reiki sound bath session.



Agenda

Welcome/Breakfast/Check-In -7:30 - 8:00 a.m.

Breath Work & Yoga - 8:00 - 9:00 a.m.

Break 9:00 -9:15 a.m.

Spiritual, Mind & Body Healing (Sharing), 9:15 - 11:00 a.m.

Emotions and Expressions, 11:00 a.m. - 12:00 p.m.

Nourishment, Food for the Soul and Body 12:00 - 1:00 p.m.

Break 1:00 -1:15 p.m.

Inner Beauty, Master Esthetician (Natural and Organic) 1:15 - 2:15 p.m.

Sharing/Closing 2:00 - 3:00 p.m.

Reiki and Sound Healing 3:00 - 4:30 p.m.
