



St.Croix Healing Arts and Thrive (R)evolution Present
Release Your Houcha Retreat
Peruvian Style!

Houcha (hoo cha)
physical-emotional baggage/low energies

Join us for a day of Renewed Health and Vitality

Speakers/Workshops
Tips and Tools
Mindfulness, Meditation and The Law of Attraction
Making prayer bundles
Fire Ceremony/Sand Mandala

Sept. 16, 2017

9:30am-5pm

\$169.00

(Lunch, Snacks, Wine)

Register: www.stcroixhealingarts.com - 411 Cty Rd UU #3 Hudson, WI



THRIVE | (R)EVOLUTION
WELLNESS - WEIGHT LOSS - WISDOM

Houcha Release Agenda

10am- 5pm (5-6 pm Social hour)

411 Cty Rd UU #3

Hudson, WI 54016

9:30am	Check in
10:00	Welcome / Sand Mandala
10:15	Houcha Talk/Activities
12:30	Break/Lunch
1:45	Mindfulness, Meditation, and The Law of Attraction
3:15	Break
3:30	Make Prayer Bundles
4:30	Fire Ceremony
5:00	Social Hour

Includes: Lunch, snacks, gifts, handouts and fun!!