

# GRACELINE

## SELF-HEALING EQ RETREAT

NANTUCKET, MA // JUNE 4-6, 2021

Secure Enduring Happiness, Harmony, Productivity + Increased Immunity through Trance-Induced Meditation + Emotional Intelligence Training.



Become a powerhouse free agent against any pandemic with a weekend devoted to destressing, unburdening, unmasking, and unleashing.

Escape to Nantucket for inner alignment. Join us for a transformational EQ weekend where we learn to let our outer landscape activate new potentials in our inner landscape.

Drop narrative, emotion, history, pandemic panic, and catabolic toxicity with advanced spiritual teachings and state-of-the-art services, including:

- **Original Graceline 3M (Mixed Media Meditation) FRACTAL FILM EXPERIENCES** This is a (drug-free) breathwork-based art encounter that induces deep trance for the release of illness, emotion, and trauma with no talking. Any energetic disorder is taken back into order on a quantum level. NOT TO BE MISSED.
- **Emotional Intelligence Training + Soul Retrieval Pattern Tracking** with Mickaela Grace
- **MoveMed (Movement as Medicine) + Advanced Breadthwork + Sound Healing** with Mickaela Grace + Kylie Bronk
- **Powerful and Transformational Partnered Pilgrimage + Process Work** to bring synchronicity and the mystery into your daily practice. A profound and ancient art.
- **Sacred Geometry Experiences + Exploratory Art** with Mickaela Grace + Mary Claus
- **5 styles of Immune-Boosting Breathwork to Increase Alkalinity + Herd Immunity + Creativity**
- **Fire Ceremony**

WHO WILL YOU BE AFTER THE UNMASKING?

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### RETREAT SCHEDULE

#### FRIDAY JUNE 4

- 8:30-9:30am Opening Lecture  
9:30am-10:00am BREAK  
10:00am-12:00pm Bowl Share + MoveMed  
12:00-5:30pm FREE TIME (\*private healing or Spiropathix sessions available)  
5:30pm Lecture  
6:00pm 3M Fractal Film Meditation  
7:00pm DINNER (an evening off on your own to explore Nantucket)

#### SATURDAY JUNE 5

- 9:00-10:00am Mixed Meditation  
10:00-11:00am Morning Walk (Partnered Pilgrimage)  
11:00am-12:00pm BREAK  
12:00pm-2:00pm Bowl Share + Sacred Geometry + Art Block  
2:00-5:00pm FREE TIME (\*private healing or Spiropathix sessions available)  
5:00-6:00pm Advanced EQ Lecture + Q&A  
6:00-7:00pm 3M Fractal Film Meditation  
7:00pm DINNER + FIRE CEREMONY

#### SUNDAY JUNE 6

- 7:30-9:30am Morning Walk (Partnered Pilgrimage)  
9:30am-10:00am BREAK  
10:00am-12:00pm Bowl Share + Closing Meditation

#### RATES

**\$650/person**

EARLY BIRD!  
**\$490/person**

Register before  
or on 5/20

**\*\*Notices + Pretty Pleases\*\***

PLEASE INFORM GRACELINE FACULTY PRIOR TO RETREAT IF YOU HAVE HAD A FEVER  
OR ILLNESS WITHIN 14 DAYS OF JOINING US ON CAMPUS.

\* Please make sure you schedule a return ferry for after 1pm.

\*\* Please pack outdoor clothing for any/all weather + comfortable attire for walking + meditating.

**REGISTER TODAY**

EMAIL: [workshops@gracelineinstitute.org](mailto:workshops@gracelineinstitute.org)

VISIT: [gracelineinstitute.org](http://gracelineinstitute.org)