

LEARN TO RELEASE MEMORY, EMOTIONAL ENERGY
& STUCK STORY TO BECOME FULLY SELF-RELIANT.

LOS ANGELES, CALIFORNIA | SEPTEMBER 18TH-21ST, 2025



RELEASING + REFRAMING

A 4-DAY RETREAT INTENSIVE

Combining Curriculum from Graceline's Retreat Series:
MODULE 1: (EQ) Emotional Intelligence & MODULE 2: (BQ) Body Intelligence

Biochemically level up your life by understanding the conscious and unconscious patterns that have created your personality.

BECOME AN EMOTIONAL ATHLETE

This is a r/evolutionary emotional intelligence (EQ) course to lay down the fundamentals that allow you to “biohack” the body in ways that *immediately* clear trauma, events, and catabolic (destructive) emotion or belief patterns stuck in the tissues of the body and the EMF field.

The **Graceline Institute** is an educational foundation devoted to spiritual sciences and self-mastery (coming from the power of interactive art, quantum technology, and balanced ecology).

GRACELINE

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MODULE 1: (EQ) Emotional Intelligence

GET RID OF M.E.S.S FROM HISTORY TO PRESENT

Module 1 includes rapid.fire.release techniques for interrupting reactionary patterns and habits where you'll learn how to:

- Reset the vagus nerve from extremism and flight/fight/freeze/appease responses that cause inner and outer conflict and repetition.
- Clear family of origin and parent-child dynamics that can trickle into all other parenting, romantic, and work-related relationships—causing repetitive conflict, fatigue, illness, habit, addiction, or lack of chosen outcome.
- Learn non-verbal systems for going beyond talk therapy to finally and fully be done with your own catabolic stories and memories.
- Stabilize organ and power systems in the body as you become your own best friend, advocate, healer, and BS detector.
- Create an inner sense of adulthood that is so rock solid that no person, place, or thing can knock you off center from your inner gnosis and identity.

**“TRUE SOVEREIGNTY REQUIRES FULL RESPONSIBILITY”
– MICKAELA GRACE**



MODULE 2: (BQ) Body Intelligence

Learn actual tools for tracking patterns and clearing habits using the innate wisdom of the body.

UNBIND FROM EVENTS USING THE BODY AS GOOD INSTRUMENT

Module 2 includes an extension of your Module 1 fundamentals, plus learning how to:

- Increase your “BQ” (Body Intelligence Quotient) with pattern-tracking skills using self-analysis, shadow movements, muscle-memory activation.
- Learn MoveMed (Movement as Medicine) techniques to increase pattern-clearing skills.
- Use DIY Kinesiology (muscle testing) for inner investigation, pattern-tracking, emotional clearing, “belief upgrading”, clarity, and better decision making.
- Become a master “pattern tracker” by understanding geometric complexities created by memory, events, genetics, beliefs, and static emotion. Here you will learn about either/or extremism, finite thinking, frontloading spacetime with expectations, the dangers of anxiety and depression, contrary beliefs, genetic inheritance, faulty self-esteem, relationship dynamics that are magnetically on repeat—and even cultural adoption of contrary programming.
- Track your core operating software! – including your unique “master-program loops” that are complex coping mechanisms causing unwanted outcomes. When we make decisions at a peak reactionary moment, these choices are meant to help us survive a trauma and “master life”—but because they are programming code made at a moment of trauma, they are born of the same EQ frequency and wattage of the wounded state—so instead of helping us master life, the pattern masters us—and we become enslaved to the repeat of event, outcome or relationship dynamics. This is magnet mechanics! Come learn to interrupt it with EQ/BQ awareness!
- Learn to focus/track/clear the legacy debris on the Mental, Emotional, and Genetic hard drives to be truly free from destructive narrative. Learn how to “drop story”. Period.

“HIGHER HARMONY BEGETS STRONGER GEOMETRY. STRONGER GEOMETRY BEGETS HIGHER HARMONY.” – MICKAELA GRACE

YOUR RETREAT FACULTY



Mickaela Grace - Founder of Graceline Institute
Teacher, Healer, Artist

Mickaela is the founder of the Graceline Institute, an emotional intelligence (EQ) and spiritual sciences school devoted to human transformation and environmental activism (art activism). With 25+ years of experience in natural medicine, meditation, and consciousness coaching, she has trained in 34 traditions spanning 5 continents, offering artistic encounters with unified field theory, thought leadership, neuroscience, epigenetics, and original EQ curriculum. Walking hundreds of miles of traditional Camino (pilgrimage) while using breathwork to achieve a (substance-free) altered state, Mickaela films fractal geometry at sacred sites around the globe to create nature-based fractal films and sound files that induce brain/heart coherence at her live events. Her private work combines a unique style of intuitive pattern-tracking, shamanic ceremony, sound healing, kinesiology, esoteric acupuncture, Taoist and Tantric philosophy, quantum physics applications, and more. She gnostically believes we are meant to bow to no outward master, healer, leader, parent, pill, nor politician, but should find mastery over self, making each individual a healthier cell in the wider organism of humanity—all in deep devotion to earth stewardship and social justice.



Katherine - Therapist, Teacher, Artist

Katherine is a seasoned professional with a foundation in Western medicine as an Occupational Therapist where she assessed and provided rehabilitative protocols for individuals navigating physical, mental, emotional, and spiritual challenges. Her passion for human potential led her to transition into a specialized role where she works with high-performing individuals on personal healing, integration, and elevating consciousness for the Graceline Institute. Today, she teaches and develops curriculum focusing on nervous system regulation and somatics providing students with the tools they need to navigate limbic states and high-stakes environments with more emotional athleticism and peace of mind. Her mission is to support the development of conscious global leadership, empowering those at the helm to lead with resilience, creativity, and compassion. Her unique blend of clinical expertise and deep understanding of human behavior allows her to guide students on a transformative journey, helping them unlock access their to emotional range and creative facets to make a lasting impact on the world.

RATES + REGISTRATION

\$3,333/person (combines Modules 1 & 2 as a 4-day intensive for a \$400 savings)

REGISTER

Full refunds available up to 30 days before event. Non-refundable after (but credits offered for medical emergencies).

*Venue address sent upon registration



This retreat is also part of Graceline's Year-Long EQ Cohort. Contact us to join the collective journey.

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