GRACELINE

A 4-day Immersive Retreat in Emotional and Body Intelligence

LOS ANGELES, CA | APRIL 1-4, 2027



Releasing + Reframing: The Art of Knowing Yourself

Learn to take conscious, administrative authority over the self by releasing old memory, events, and coping mechanisms in exchange for real tools and true liberation.

WHO IS THIS FOR?

Whether you are stuck in static emotion from painful life events or have a nervous system trained into dysregulation (such as disassociation, over-extensionism, hypervigilance (anxiety) or depression), a stance of "protection" can actually keep us from connection. And the mind will violate the wisdom of the body - or override the intuition of the spirit - to stay in modes of "surviving rather than thriving."

These retreats are fast-acting and amplifying for anyone who:

- Has tried talk therapy or already has an awareness of repeating patterns, but when put under pressure, reacts in old ways - and wants real tools for responding differently.
- Is navigating a gear change or career change - and wants to meet new eras or archetypes with clear intention and greater harmony for a path of meaning.
- Wants practical ways to increase worth, trust, intuition, and decision-making.
- Has compartmentalized memory that impacts core personality—as if we are too mental (like "a big old brain dragging around a body"), too emotional, or too shut off from the physical (feeling overworked, disconnected, conflicted or dysregulated).
- Is simply feeling stuck - with a nervous system braced for impact or repeat of the past.

Make life flow easier and brighter by increasing Emotional + Body Intelligence.
Become self-reliant (fast!) with our highly unique spiritual-sciences coursework, guided sound ceremonies, meditation, breathwork, movement, and muscle testing.

PARTICIPANT STORY

"Mickaela's training completely transformed my life. I released decades-old childhood trauma and shattered emotional barriers that kept me from giving or receiving love. In just one seminar, my heart opened fully, transforming my love life and how I experience connection. Out of every program I've tried, this was the most profound. If you're ready to heal deep-seated wounds and unlock your heart's capacity to love, then RUN to this work. This is where freedom begins."

– Jake, Mod 1, Turkey









What You'll Experience

EQ + BQ skills simply bring you back to RE/MEMBERING YOURSELF and reclaiming who you truly were before "survival mode".

Day 1-2: EMOTIONAL INTELLIGENCE (EQ)

- **Reset your nervous system** out of fight, flight, freeze and appease to uplevel your homebase personality any conflict-causing reactivity.
- **Clear family-of-origin patterns** that carry parent-child dynamics and power struggles into your parenting, romantic and work relationships, causing repeat conflict, fatigue, habit or unchosen outcomes.
- **Go beyond talk therapy** with non-verbal release. Guided sound ceremony, meditation, breathwork and somatic movement help you finally be done with old stories, victim stances and emotional memory.
- **Stabilize your body's organ and power systems** (mitochondria and electrical boundaries) as you become your own best friend, advocate and BS detector.
- **Build resilience and intuition** by learning to take conscious, administrative authority over yourself with tools for faster recovery when obstacles try to seize your energy.
- **Create an inner sense of adulting** so solid that no person, place or thing can knock you off center.

Day 3-4: BODY INTELLIGENCE (BQ)

- **Use muscle testing (kinesiology)** to look underneath: track patterns, clear emotion, upgrade beliefs and make better decisions.
- **Become a pattern tracker**. See how memory, family inheritance, beliefs, and stuck emotion can shape your reality and relationships over time. Gain an actual toolkit for shedding "either/or" thinking, negative expectations and old self-worth wounds.
- **Interrupt the loops behind unwanted outcomes**. In hard moments, we build coping mechanisms and survival habits born of the same frequency as the wound itself, making unwanted events loop back around again.
- **Make years of progress in a few days**. This is deep, guided work that synthesizes over 34 traditions, using "spiritual sciences" to upgrade protection mechanisms.
- **Find your people**. Connect with others on the same path, support each other, and leave with a real community.
- **Rewrite the stories that run your life** with practical REAL tools. Replace old habits with strong EQ/BQ athleticism - great for de-escalation, conflict resolution and a higher harmony that will be of immediate service to your family, friends, teams + community.

This work is not about focusing on what's broken. It's about remembering what feels true. And learning how to reactivate dormant intelligence + intuition for your life's fullest expression.



Mickaela Grace, Your Retreat Faculty | Founder, Healer, Artivist

Graceline is an Emotional Intelligence and Spiritual Sciences Institute devoted to human transformation and environmental Artivism (Art Activism). With 25+ years of experience in natural medicine, meditation and consciousness coaching, Mickaela brings original fractal films and sound technologies to body-based practices, inviting people to find mastery over self, rather than bow to any outward authority.



SCHEDULE

Full schedule provided one week before event.

Thu, April 1	2pm-8pm
Fri, April 2	8am-8pm
Sat, April 3	8am-8pm
Sun, April 4	8am-noon

gracelineinstitute.org/events
info@gracelineinstitute.org
(774) 333-3669

Reserve your spot

space is limited

$1,888 per person

- Meals Included.
- Half off for second-time Module 1+2 attendees.

REGISTER NOW →