

TranZen

TranZen Beach Retreat is Primarily designed for Veterans, First Responders and their Family members. In addition anyone with PTSD symptoms is welcome, however space is limited to 7 participants.

About PTSD weather you have been in war, experienced any type of abuse (sexual or physical) , or experiencing an accident, traumatic emotions, issues, and memories can become deeply stored in your subconscious mind and can steal love, joy, and heath from your daily life. And if you are a family member of someone who has experience trauma, it is likely you are also suffering as well. The TranZen Retreat will help you effectively release those traumatic energies and memories through love and gentleness. This special program is designed to guide you and help you find your way back to your heart and to home.



Tailored Gentle -Transformative Ceremonies:

In an integrative process, participants will dive into a deep self-connection, creating new memories, and new neuron-pathways in the body and mind that will be rich in safety and harmony, enabling a new perspective that transcends trauma. The dose and type of sacred medicine given by the shaman are designed for each individual to guarantee gentleness and a meaningful, memorable experience.

Holistic Healing: The retreat combines various therapeutic approaches, including individual counseling, group therapy, mindfulness practices, and alternative healing techniques. These holistic methods focus on addressing the physical, emotional, and psychological aspects of PTSD, promoting comprehensive healing.

Long-lasting Framework, Tools, and Strategies: Participants will gain practical tools, strategies, and resources that can be integrated into their daily lives even after the retreat ends. This empowerment enables individuals to continue their healing process and manage their PTSD symptoms effectively.

Expert Guidance:The program is led by skilled and multifaceted shamans/ facilitators and gentle healers with a team of wellness professionals. Their expertise and experience help guide participants through their healing journey, ensuring a safe and effective therapeutic process.

Strategy pre and post retreat: 4 group coaching calls prior and 4 group coaching after retreat



Nurturing Self-Care: The retreat emphasizes the importance of self-care and offers activities such as spa treatments, massages, and relaxation sessions to help individuals rejuvenate and prioritize their well-being.



Supportive Group Dynamics: The retreat offers a supportive community environment, where individuals can connect with others who have had similar experiences. Sharing stories, challenges, and triumphs within a safe and understanding space can be incredibly empowering and validating.

Serene Natural Environment: Guatemala's stunning natural settings serve as a calming backdrop for the retreat. The tranquil beach, 90 minutes from the airport. This immersive experience is designed to foster a sense of connection, grounding, and personal growth. In a luxurious beach house with private suites.

Mindfulness and Stress-Reduction Techniques: The retreat incorporates various mindfulness practices and stress-reduction techniques, such as meditation, yoga, and breathing exercises. These techniques help individuals cultivate self-awareness, manage anxiety, and develop healthy coping mechanisms.

Investment:

Individual Participant \$3500 (private suite)
Couple or shared room \$ 2950 each.
7 Participants ONLY for this retreat.

Inquire Participation
info@amorpachamama.com

Transportation:

Private transportation from the airport to the retreat house is provided for participants. Please plan to arrive at La Aurora International Airport on the morning of Tuesday November 7th by 12:00pm. Book your return flight starting Saturday 11th or Sunday 12th at 10:00am or later.

