

Metaphysical Student Retreat
April 16th-19th
4pm-11am

White Eagle Lodge
2615 St Beulah Chapel, Montgomery TX 77316

Class Descriptions

EFT

EFT is sometimes called 'acupuncture without needles'. Simple to use, EFT employs one basic tapping routine that is effective for a wide range of both physical and emotional issues. EFT is particularly effective with emotional issues involving traumatic memories, grief, fears and phobias. It is also effective for many physical symptoms such as asthma, allergies and pain, although highly skilled practitioners may be necessary for serious illness. This class will cover history and how to personally use EFT in the areas that would benefit you personally.

Emotional Alchemy

All emotions are simply information! NOT to make us suffer but to strengthen, guide and empower us. Once we have skill in utilizing each and every emotion for information and insight we can live a much better life experience, with ourselves and with others. **What if you could live in the reality where emotions are literally logical?**

Systemic Family Constellations

Systemic Family Constellations is a therapeutic method developed in the 1980s by German psychotherapist **Bert Hellinger**. Drawing on his experiences in World War II, his years living among the Zulu people of South Africa, and his studies in philosophy and psychotherapy, Hellinger discovered that unresolved family dynamics often shape our lives in hidden ways.

When family members are excluded, forgotten, or burdened by trauma, the balance of the whole family system is disrupted. These disruptions can create repeating patterns of struggle across generations—much like traits are inherited.

In a constellation, representatives (people or objects) are used to map out the family system. This “zoomed-out” view makes unconscious patterns visible, helping us see what we may be carrying for others.

By acknowledging what has been hidden, balance can be restored. Constellation work opens the door to healing, clarity, and freedom, so you can step out of old cycles and move forward with more choice and empowerment—for yourself and for future generations.

Grounded Intuitive

This experiential class is designed to help you deepen your intuitive connection while staying rooted, present, and embodied. Through guided practices, gentle energetic clearing, and intuitive exploration, you are supported in releasing self-doubt, fear, and mental noise that can interfere with trusting your inner guidance. Whether you are just beginning or looking to refine your intuitive skills, this class offers a grounded, supportive space to strengthen confidence and come home to the knowing you’ve always held.

ThetaHealing® Class

In this experiential ThetaHealing® class, participants will be guided through the *7 Planes of Existence* meditation to connect with Creator of All That Is. You’ll learn how to create effective **command statements** for emotional trauma release and downloads, while also practicing ways to stay **grounded and embodied**, ensuring what you receive can be integrated into everyday life with grace and stability.

Yoga Therapy Class

This therapeutic yoga class focuses on relieving common aches and pains in the **neck, shoulders, and back** through gentle, accessible postures and mindful movement. Alongside the physical practice, you will gain insight

into the **mental and emotional patterns** often associated with these areas, offering a holistic approach to easing discomfort and restoring balance.

Chakra Yoga Class

In this integrative Chakra Yoga class, we will move through all **seven chakras**, using specific postures that support each energy center. You will learn how these poses help shift energy physically, emotionally, and spiritually, creating greater alignment, flow, and forward movement both on and off the mat.

Belief-Body Work

Belief-Body Work sessions are intuitive, personalized experiences designed to address **acute physical issues** and their underlying energetic or belief-based roots. Using a blend of intuitive insight, assisted stretching, ThetaHealing®, percussion therapy and yoga-based stretches, this work supports relief, awareness, and deeper connection between body, mind, and spirit.