

# TRIALS TO TRANSFORMATION

*An Empowering Healing Women's Retreat in Mexico*

5 DAYS / 4 NIGHTS - JAN. 16 - 20, 2025



## Your Retreat and Destination

You've been through a lot, and it's taken a toll on you. Isn't it time to shed the weight of trauma and emotional stress? This transformative women's retreat in the breathtaking landscapes near ancient Tula, Mexico, offers a powerful journey to rediscover your strength and resilience. Imagine immersing yourself in a modern resort designed for pure relaxation by hiking, biking or horseback riding through stunning scenery. Take rejuvenating dips in cascading waterfalls, and enjoy luxurious spa treatments.

### ***Embracing ancient wisdom:***

Unlock the healing powers of shamanic rituals and the soul-stirring sounds of instruments from across the globe. Learn powerful, practical practices to balance your mind, body, and spirit, equipping you with the tools to shift from stress to serenity in an instant.

### ***Empowering yourself for the future:***

Clear away self-limiting beliefs and reclaim your power to neutralize stress triggers even after you return home. Integrate your newfound strength and create a life filled with empowered integrity.

### ***Your restorative experience:***

**Mornings:** Awaken your spirit with sunrise rituals, blending modern and shamanic practices for a truly unique experience.

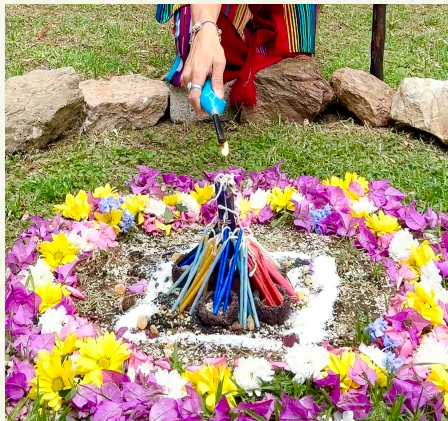
**Afternoons:** Explore the ancient Toltec lands on horseback or by bike, feel rejuvenated by natural waterfalls, and cleanse your body and soul at an (optional) Native American Sweat Lodge while being covered in a healing, herb-infused mud body mask.

**Evenings:** Immerse yourself in the magic of sound healing, connect with ancient traditions in a Mayan Fire Ceremony, and learn powerful manifesting techniques to bring your dreams to life. Lock in your newfound strength with a dedicated integration session, ensuring you return home empowered and restored.

More than just a retreat, it's an investment in yourself:

- ★ The delicious, locally-inspired meals and drinks included nourish your body from the inside out.
- ★ Relax and recharge in your luxurious accommodations and enjoy the resort's infinity pool, hot tub, and pampering spa treatments.
- ★ Enhance your journey with optional one-on-one sessions with Linsey and Alice for personalized healing, intuitive guidance, and Mayan birth chart readings.

Come to Mexico to heal and transform with a like-minded group of women. This is your chance to step into a world of healing, empowerment, strength, and serenity.





## — Your Hosts —



Alice Langholt, Ph.D. is a parent, author and Reiki Master Teacher, and a Certified Practitioner of EFT, Introspective Hypnosis, and IADC (Induced After Death Communication). She is the Executive Director of Reiki Awakening Academy. Alice has a Ph.D. in Metaphysical Parapsychology, and Master's degrees in Jewish Studies and Metaphysical Science. She has written 23 books on holistic subjects.

In the Washington, DC Metro area, Alice teaches Animal Reiki at Montgomery College, has a Reiki practice in Gaithersburg, MD, and is also a wedding officiant. Alice's objective is to meet people where they are, and empower them with practical tools to reduce stress, increase resilience, and harness their inner powers for healing and intuitive development.



Linsey Pizzulo is a trained and certified Mayan Day Keeper, Reiki Practitioner, Meditative Trainer, Past Life Regression Specialist, Numerologist, and Sound Healer. As a practitioner of diverse spiritual modalities, she offers classes and treatments to help reduce stress and promote greater connection to peace, love, and joy, and restores inner balance by alchemizing areas of toxicity.

Linsey helps individuals develop a deeper connection to the unique power within themselves, and a closer alignment to their specific life paths. Through specialized counselling involving the application of ancient knowledge, she assists people to grow in their awareness of themselves and their partnerships in life, so they are empowered to achieve their goals as individuals, entrepreneurs, parents, and in relationships.



# Trials to Transformation Retreat Itinerary

Refresh ★ Replenish ★ Recalibrate ★ Rebirth

## Day 1:

Departure by group shuttle from Mexico City  
Arrival - Settle into your room where your infused spiritual gifts await  
Lunch  
Early afternoon at leisure  
Welcome gathering with Alice and Linsey  
Dinner  
Goal Setting Program with Alice and Linsey followed by bonfire

## Day 2:

Sunrise Intention - Inflused Meditation with Alice  
Breakfast  
Morning Mayan Shamanism Introduction with Linsey - Receive Your Nahual  
Lunch  
Free time to horseback ride or mountain bike through the surrounding Ancient Toltec lands,  
and or enjoy the pool, sauna, and jacuzzi  
Dinner  
Practical tools that neutralize stress  
Empowered goddess mantra singing workshop with Linsey

## Day 3:

Earthwork Meditation and Morning Mayan Mudras Class at sunrise with Linsey  
Breakfast  
Group hike and swim in waterfalls  
Lunch  
Feel Totally Fine with Alice  
Dinner  
Mayan Fire Ceremony with Linsey

## Day 4:

Sunrise Opening Yourself Meditation with Alice  
Breakfast  
Free time or excursion to native sweat lodge & mud bath (extra cost)  
Lunch  
Manifesting Made Simple with Alice  
Dinner  
Sound Healing Ceremony with Linsey

## Day 5:

Breakfast  
Practical Stress Busters with Alice  
Lunch  
Integrating and Locking In your Empowered Integrity with Linsey and Alice  
Closing gathering and parting gifts  
Group Departure to Mexico City

*\*Sign ups for optional one-on-one sessions with Linsey and/or Alice are offered throughout retreat.*



## Cost

The cost for this retreat per person is \$2,300 USD. An initial deposit of \$1100 reserves your space. Balance is due on the day of the retreat (cash) or two weeks in advance (credit card)

## What's included

- ★ Group round trip transportation from Mexico City Airport to resort and back to airport.
- ★ Room for 4 nights / 5 days at resort. Each room for this retreat will have 2 person occupancy. Single rooms are offered based on availability at an additional cost.
- ★ All meals and drinks (including alcoholic beverages). The resort caters to dietary preferences. Upon arrival, please disclose any dietary requirements you have to the resort manager.
- ★ All outings, ceremonies, and sessions listed in the itinerary with Alice and Linsey.
- ★ Mountain biking, sauna, pool, jacuzzi, and resort facilities.

## What's not included

- ★ International flights and any additional nights at hotels outside of retreat dates.
- ★ Additional offered excursions such as horseback riding, native american sweat lodge (temascal ceremony), massages, or private one-on-one sessions booked with Alice and/or Linsey.

## Contact

Space for this retreat is limited, so please email Alice and Linsey to reserve your spot.

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