HEART & SOUL RENEWAL

Discover and Nourish Your New Beginnings

with Loraine Van Tuyl, PhD, Claudia Castillo Holley, C RTT®
and local native artists, Red Sunrise and Amanda Herrera

TAOS, NEW MEXICO
JUNE 2-7, 2023

HEART & SOUL RENEWAL

Dear spiritual warrior and fellow traveler,

Be held with reverence in a deeply nourishing container, as you open up to and merge the transformative healing energy of inner and outer sacred lands. Learn to craft your own renewal experience of body, heart, mind, and soul by clarifying, course-correcting, and recommitting to your greatest callings.

As you rediscover and nourish your soul purpose expression, you'll experience the essence of heart wisdom that unites us all. Not only will you be pampered from head to toe with delectable sensual experiences (yes, there will be a hot tub on site too lol), you'll leave with an arsenal of powerful, alchemical tools and guidance to grow and sustain your soul purpose upgrade, your enhanced response-ability, and your refined devotion to your legacy, your intimate circles, and the Greater Good.

Our retreat will take place in Taos, New Mexico, on sacred Tiwa land that's infused with history and indigenous teachings about living in harmony and balance, and with trust in mystery, magic, reciprocity, and being of service to each other, the land, and all who inhabit her.

It is our honor and privilege to create this space for reconnection and for quantum leaping your soul purpose along with our Taos Pueblo friends and teachers, Red Sunrise and Amanda.

Much love,

Loraine and Claudia
(*We started following these signs and stepping stones 5 years ago!)*

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Guides & Hosts

Loraine Van Tuyl, PhD, CHT
Shamanic Eco Psychologist

Claudia Castillo Holley, C RTT®
Rapid Transformational Therapist

with Local Native Artists and Teachers

Red Sunrise Luhan and Amanda Herrera

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Objectives and Activities

- Daily food rituals and nutritional teachings, optional cooking experiences, and mind-body-heart-soul alignment ceremonies that incorporate sacred food and support innate body wisdom

- Hands-on experience with traditional arts and crafts, native Tiwa teachings, and age-old cultural practices, including a full moon ceremony on June 4, led by Red Sunrise and Amanda

- Reconnecting with spirit guides, nature beings, Source, and soul callings through light yoga, journaling, and creative expression

- Re-Tree-t with Soul Authority practice: working with the elements to harmonize Mother Earth and Father Sky energies and balance our mental, physical, emotional, and spiritual bodies

- True North compass up-leveling to shift from blind to aligned action and embrace new beginnings in more expansive and impactful ways

- Clarifying, course-correcting, and recommitment guidance and tools to activate and sustain a Soul Purpose Quantum Leap

- Leche de Gaia Ceremony to deepen awareness of food-body-spirit connection and honor Mother Earth's nourishing gifts

- Body Wisdom hypnotic activation to restore and ignite the body's innate healing guidance

- Touring Taos Pueblo and surrounding areas on foot and horse and plastering traditional adobe homes (optional acts of service)

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Tentative Daily Schedule

9 am Breakfast

10 am Light Movement

11 am Sacred Circle Time & Practice*

12:30 pm Lunch

2 pm Practice*

4 pm Cooking Opportunities

5 pm Dinner + Food/Body Mindfulness

6 pm Sacred Circle Time - Shares & Check-ins

8 pm Free Time - mindful walks, star gazing, hot tubbing, private retreating or yin yoga

*Practices can include: Body Wisdom Hypnotic Activation, Re-Tree-t with Soul Authority, Shamanic Journeying, Soul Purpose Quantum Leaping, Upleveling your True North Heart Compass, Leche de Gaia Ceremony, Adobe Home Plastering, and Horse Therapy & Riding

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One day workshop June 4, 2023

Taos Pueblo Arts & Crafts
Full Moon Ceremony
led by Red Sunrise and Amanda Herrera

$275* for the day
* includes all meals & materials
and applies to one-day attendees only

10 am Walking tour at Taos Pueblo

11 am Bread baking in traditional oven

12 pm Jewelry making

1 pm Lunch - traditional native lunch
(bread, deer chili, vegetables)

2 pm Drum making

6 pm Dinner at Taos restaurant

8 pm Full Moon Ceremony

On June 5th, we will be plastering adobe homes as a gesture of giving back and service. You're welcome to attend and help. Also, if wanting to learn more about the spirit of the horse (as Red Sunrise did as a child) or go horseback riding, feel free to arrange tours with Red Sunrise during your visit. Our group of retreaters has scheduled horse therapy and riding time with him on June 6th in the morning.

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Full Moon Ceremony June 4, 2023

(will be led by Red Sunrise, included in Sunday's workshop)

According to Astrology K:

On the June full moon, rebirth and spiritual renewal takes place. Fate provides a chance to start all over again, you just need to believe in yourself. Women will have a unique opportunity to get closer to their dreams. The acute need for change, the desire to breathe deeply – this is what drives the actions of people. With the full moon in Sagittarius in June 2023, you can feel extraordinary cheerfulness, a surge of energy.

The influence of the fire sign and its patron Jupiter is manifested in openness, activity and inexhaustible love of life. A person feels himself to be a creator, changes reality with inspiration. There is no place for pessimism: if something does not suit you, you can start over. On the Sagittarius full moon, positive changes take place, people demonstrate their best qualities. Difficulties do not frighten, on the contrary, they start excitement and stir up the blood. You want to go forward, overcome, conquer – in a word, be the master of your own destiny.

https://astrologyk.com/calendar/moon/phase/full-moon/june

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Meals & Nourishment

Meals and snacks will be plant-strong with vegan and vegetarian options, some animal protein and will include SOUL* foods as much as possible.

Optional cooking experiences: All meals will be mindfully crafted by Claudia. You're welcome to help in the kitchen during free time and creative expression periods to gain great insights on how she combines flavors, carefully choosing and arranging ingredients to maximize nutritional properties and digestion, while energetically infusing all meals with deep reverence for Mother Nature and for all involved in the nourishing process.

*Seasonal, Organic, Unrefined, Local

RETREAT INCLUDES*

- 5 nights at a beautiful Taos style farm house
- All meals and snacks, including one night out to a fabulous Taos restaurant with Red Sunrise and Amanda
- 6 days transportation in Taos
- All materials, practices, ceremonial ingredrients, and activities during retreat
- Arts & crafts in Taos Pueblo
- Leche de Gaia & Full Moon Ceremonies
- Horse therapy and riding (optional)

*NOT INCLUDED: Airfare, shuttle to and from Albuquerque airport (ranging from $60-$125 one way), and optional lodging in Santa Fe or Albuquerque.

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Investment* 2023

$2,350/$2,450 private room (shared/own bathroom)
$ 1,900 shared room (shared bathroom)

Reserve your spot with a $500 deposit
Balance due May 1, 2023
50% Refund until May 15, 2023

*All inclusive except airfare, shuttle to and from airport (ranges from $60 - $125 one way), and optional lodging in Santa Fe or Albuquerque

Contact Loraine at (925) 642-1716 or lvantuyl@gmail.com

Our COVID-19 requirements based on CDC suggestions:

To create an environment where everyone feels comfortable and is safe, we are requiring a negative test result from an official lab within a 3-day window before arrival, and a second test upon arrival using a home kit. A raincheck for a future retreat will be provided in case of a positive result.

Because of imbalances around sex and gender in many cultures and because of the intimate living spaces that will be shared, this retreat concentrates on serving those who identify as other than male. That said, one of the imbalances that we will be addressing and working on represents an important thread in need of healing so that we can reweave the fabric of our societies to be fully inclusive of all expressions of sex and/or gender.

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Loraine Van Tuyl, PhD, CHT

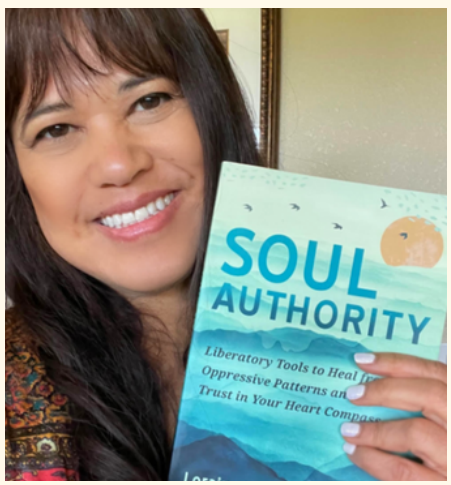
Fear is not our true nature. Love is. Loraine learned that as a highly sensitive child while playing along the edges of the Amazon rainforest of her native Suriname. She often imagined she was Mowgli, filled with awe and wonder for her nature sanctuary that kept her safe from a world that she often didn't understand.

After a military coup uprooted her family, they moved to the concrete jungles of Miami. She coped with the devastating loss of her safe sanctuary and most trusted lifeline to her true nature during the awkward middle school years by becoming selectively mute and pretending not to speak English.

Decades later, her rigorous studies, certification, and extensive training in clinical psychology, shamanic practices, meditation and mindfulness fundamentals, energy medicine, eco psychology, and Depth Hypnosis quantum leaped her healing. She wrote and shared her story in *Amazon Wisdom Keeper: A Psychologist's Memoir of Spiritual Awakening* in 2017. Since then, she has talked to audiences, big and small, on podcasts and radio shows, at conferences, retreats, and book stores.

Her second book, *Soul Authority: Liberatory Tools to Heal from Oppressive Patterns and Restore Trust in Your Heart Compass* (2022) and her unique Soul Authority™ methods have empowered hundreds of wise souls in psychology, holistic health, academia, the arts, conservation, entrepreneurship, economics, and social justice work.

She has most recently been invited to participate in intimate 20-person think tanks on topics such as mindfulness, racial healing, and community building alongside leading consciousness pioneers and master teachers, such as Ruth King, Jack Kornfield, Thupten Jinpa (primary interpreter of His Holiness the Dalai Lama), and Sharon Salzberg.



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Claudia Castillo Holley, C. RTT®, CHt, N.E

Claudia's vast life experiences started as a highly sensitive, creative and precocious little girl in Venezuela. Born with a vision challenge, she still taught herself how to read and mastered many forms of art and musical instruments. Eager to fit in, she learned early on to disconnect from her true self and magical inner world, and unconsciously lived with silent shame and blame for her uniqueness.

Four+ decades of never ending soul searching through countless careers, homes, relationships, and health challenges inspired her to study everything she could about the power of food and self-healing practices for optimal health and wellbeing.

Soon after immigrating to the US in the early 2000's, she challenged the status quo. While adapting to yet another career, home, language, and culture, she successfully supported her daughter in overcoming serious health challenges using holistic methods. This evolved into a life purpose and deep desire to share her tools with others. Her creative nature and expertise allowed her to combine mindfulness, super foods, colors, flavors, textures and the power of intention to produce delectable meals that fortify the body, mind, heart and spirit.

The pandemic and radical midlife challenges brought her to her knees, with deeper life, health and vision challenges. She took the opportunity to up-level her fierce spirit with Rapid Transformational Therapy and Hypnotherapy. She healed wounded parts of herself and continues to hold loving space for her inner child who now belongs safe and loved in her timeless present moment. This has brought great peace, and sustained happiness, gratitude, playfulness and freedom to her life and to the healing services she offers through her therapy practice and in-person and virtual retreats.

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Red Sunrise Luhan and Amanda Herrera

Red Sunrise's rigorous training as a chosen carrier of the old traditional ways started well before his kindergarten years and involved listening to countless stories, practicing kiva duties, reciting prayers, learning songs, and doing arts and crafts.

> *“I sing all the time. Morning day night - always happy to sing to the sun and moon, also Mother Earth and Father Sky. My heart and soul is theirs to help my people. My energy is different then any other and so is my love. Can’t wait till summer so we show our love and happiness what Mother Earth has for all of us if we believe in Father Sky.”*
>
> *— Red Sunrise*

Amanda Herrera, Red Sunrise's partner, was similarly born and raised in the pueblo. She learned how to make jewelry, bread, and pottery from her grandmother and Red Sunrise's late mother, Dolly, and enjoys creating and painting her unique and gorgeous pottery pieces.

Loraine's Testimonials

"Loraine has a glowing gift for guidance and has birthed a living body of wisdom: an alchemy of her love for humanity, her spiritual and intellectual brilliance, her roots in the rainforest, and her ascent to the highest levels of traditional education..."

— J.R. Schumaker, author of Diana's Dragons: The Awaited

"I have never felt as settled or at peace as I have since I have experienced Loraine's course... Now four months later, I still enter my sanctuary and learn from my guides each time I meditate and the old story of abuse is no longer my story. I'm completely free of it (never meditated or worked with guides before taking this 10-week Soul Authority course)...This is still true 4 years later. I'll be forever grateful."

— *M*argaret Delph

"Loraine is an absolutely amazing individual and healer... She is plugged into the world of spirit and energy in a way that very few people are... a true wise woman and anyone working with her will certainly be transformed by her presence alone. She brings to the table a deep knowledge of what is called for in the moment and will be indispensable help to anyone working with her."

— *K*arallyn Earls Streit, Shamanic Energy Medicine Woman, Spiritual Catalyst

Claudia's Testimonials

"After suffering from extreme and debilitating menopausal depression for over a year, I finally have my beautiful life back! I knew that self-harm was imminent. Claudia was able to help me overcome an absolutely unbearable situation within just a few days of our first session! She is very kind, intuitive and extremely compassionate. She makes every interaction with her unbelievably easy and pain free..."

— Susanne Hartwell, SC USA

"The result was extraordinary! For years I hadn't been able to move forward in the professional field. I'm starting a new path and I totally need to believe in myself. I honestly didn't expect to see results so quickly, and was greatly surprised when all the negative feelings were not there anymore. Even the physical symptoms were gone, just amazing! I was impressed by Claudia's lead during our sessions. Her work is FREEING"

— C. Ruiz, Canada

"The beneficial results were noticeable and immediate! the worried, sad, unproductive thoughts of my (presently unsolvable) situation have just evaporated. I feel back in balance again, cheerful and full of hope."

— Heli M Dunn, Georgia USA

www.claudiacastilloholley.com