

The Art of Feeling Life
An Invitation into Pericardium Release
With Special Guest Xisco Llull

January 13-23, 2027
Kona, Hawaii

Are you feeling drawn to come to Hawaii and be immersed in spirit of Mother Nature where you can reconnect with the mystery and magic of life itself? This is an invitation where you will be met by the dolphins, whales, animals, trees, and more where you can allow your being to rest, relax, and rejuvenate along with a return to simplicity, curiosity, and the childlike ability to be surprised by life again.

If anything defines life, it is movement, as everything that is alive, has movement...the body, nature, the ocean, animals, plants, trees, and even the subtle rhythms that exist within ourselves. To live life fully, it is not enough to think about life, we must learn how to feel it. This is a shift from living mainly through the mind to allowing our heart to guide our perceptions, actions, and the way we move through life.

Some of the most powerful, yet gentle giants on this planet live in the water and we call them "Whales." Who are they really? Why do they stir the soul of the human and draw us closer to swim with them? There are many whale and dolphin species surrounding Hawaii and the Humpback Whales will be here during this retreat where they are playing, giving birth, mating, and nurturing their young before moving back up north.

Their primal sounds sing and call to our soul essence. These Humpback Whales are very social and offer close encounters as they feel our energy. Many of us have connections with these whales beyond what the conscious mind knows.

At the core of the retreat is a simple yet profound principle...to learn how to perceive the movement of life through the hands and the heart. The pericardium is the membrane that protects the heart and becomes a doorway to reconnect with the heart. This pericardium release allows a reconnection with the heart, not only as an organ, but as a center of guidance, perception, and truth thus allowing the heart to become a guide once again.

Anyone can learn these skills of the pericardium release as it is to develop sensitivity by feeling the movement of life within the body; perceiving subtle rhythms, pulsations, and flows; developing presence, attention, and non-judgment; and learning to listen through the hands and heart. These are life skills that you can use anywhere in expanding your consciousness as you move into higher frequencies.

There is space to explore perception not only through the body, but through connection with nature, plants, trees, stones, animals, and the living intelligence present all around us as this is a 10-day retreat with 3 days on the water and 7 days at our beautiful farm where you will learn the technique of pericardium release. This is great to add to your healing practice for therapists, for people working

with animals and others, or for anyone wishing to develop a deeper level of perception in their personal or professional life by being guided by their heart.

This is an experiential retreat where your intentions lead the way for what your soul wants to experience as you stay open and curious. There are limited spaces here, so please contact us if you are interested to hold your space. We look forward to diving in and having fun together!

Retreat Cost: \$2888
Deposit to hold your space: \$700

Contact Lisa to reserve your spot: lisa@lisadenning.com

Included: 3 boat days, 7 days at our farm, learning the pericardium release technique, and some meals.

Not Included: Flights to Big Island of Hawaii, lodging, transportation, and some meals.

*“Your Heart knows the way. Run in that direction!”
~Rumi*

What is Pericardium Release

Anyone can learn these skills of the Pericardium Release as it is to develop sensitivity by feeling the movement of life within the body; perceiving subtle rhythms, pulsations, and flows; developing presence, attention, and non-judgment; and learning to listen through the hands and heart. These are life skills that you can use anywhere in expanding your consciousness as you move into higher frequencies.

Pericardium Release was developed by Montserrat Gascón, a Spanish osteopath, nurse, teacher, and founder of Cellular Bioenergetic Osteopathy. Her work emerged from more than thirty years of clinical experience and from a profound personal search to understand the relationship between emotions, the body, and health.

Through years of observation, she discovered the importance of the pericardium—the membrane surrounding the heart—not only as an anatomical structure, but as a key element in the body’s ability to adapt to life experiences. She observed that physical and emotional events can leave lasting patterns of tension within the body, and that releasing these restrictions often allows the organism to recover greater freedom, vitality, and resilience.

Her research eventually led to the development of Pericardium Release, a gentle hands-on approach that has been taught internationally for many years (<https://pericardium.org/en/>). This work is not simply about learning a technique. It is about learning to listen—with our hands, our heart, and our presence as life is not about thinking life. It is about living it, feeling it, and allowing it to move through us.

Xisco Lull, our special guest and co-host, had the privilege of studying directly with Montserrat for many years and assisting her in numerous trainings. Beyond the techniques themselves, what she transmitted to him was a way of listening deeply to the body, trusting its innate wisdom, and recognizing the living intelligence present within every person.

This retreat teaches the pericardium release technique which allows a reconnection with the heart, not only as an organ, but as a center of guidance, perception, and truth thus allowing the heart to become a guide once again.

At the core of the retreat is a simple yet profound principle...to learn how to perceive the movement of life through the hands and the heart. The pericardium is the membrane that protects the heart and becomes a doorway to reconnect with the heart. It is a very resistant membrane that surrounds, supports, and protects the heart.

Here are some objectives for this retreat: to connect with oneself; to work on mindfulness, presence, and being here now; to develop listening, intuition, and clairvoyance; to show what life is and how it flows within us; to feel the vibration of life within us and in other living beings; to know the pericardium, its function, and how it affects our life; to release life and observe where it is retained; to listen to the heart and be surprised by opening ourselves to the magic of life; to remember and understand who we are and access our essence and spirit along with being able to recognize and awaken it in oneself and in all living being; to learn to feel and communicate with all of Mother Nature.

This is great to add to your healing practice for therapists, for people working with animals and others, or for anyone wishing to develop a deeper level of perception in their personal or professional life by being guided by their heart. This is an experiential retreat where your intentions lead the way for what your soul wants to experience as you stay open and curious.