

Coming Home to Your Heart

Tune to Your Sacred Soul Essence

February 21-26, 2027

Kona, Hawaii

Come to the Big Island of Hawaii where you can immerse yourself in the spirit of Mother Nature with its mystery and magic of life itself. This island is very alive and communicative as is everything when we choose to listen with our heart. Do you ever wonder what you are doing on this planet and why you are here? Would you like your memories back and an expanded view of being in this world?

This is an invitation from your true essence where you can return to simplicity, curiosity, and the childlike ability to be amazed by life again. The dolphins and whales along with the land animals remind us who we truly are. Each of these beings are exuding frequencies and vibrations that we are able to tune into with our hearts coming back into alignment with the whole of Mother Earth.

There are many dolphin and whale species here surrounding the Hawaiian Islands. The Humpback whales will be here during this retreat having their babies, mating, playing, and just being. These are some of the most powerful and gentle giants on our Earth. They bring us into pure presence when we are with them and their sounds are incredible.

Many of us have connections with these whales beyond what the conscious mind knows. Each cetacean has different sounds and sonar which activate us on many levels. Just being in the ocean, immersing ourselves in the saltwater will re-tune our being to the highest levels where we have access to the higher timelines.

We will have a day during this retreat where we will connect with horses at a horse sanctuary. Horses have huge heart energies like the whales and can shift us out of the constant thinking of our mind. There will also be

days during this retreat where we will spend time on sacred ground at our farm, Tehana Ohana where you will have time to ground, connect, be with the mini-cows, mini-donkeys, sheep, turkeys, ducks, dogs, cats, chickens, trees, land and more. There is also optional massage and healing sessions while at the farm and you will be nourished by food from our land.

Does this call deeply to your soul? This 6-day land and sea experience is an expansive and 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. Let's have fun and remember who we are through our heart center.

Retreat Cost: \$2222

Deposit to hold your space: \$500

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

Included: 3 boat days including a manta ray excursion, 2 days at our farm, time at a horse sanctuary, meditations, some meals, and more.

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

***“The only lasting beauty is the beauty of the heart.”
~Rumi***



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