



AUGUST 9TH 2024

FLOURISHING MINDS

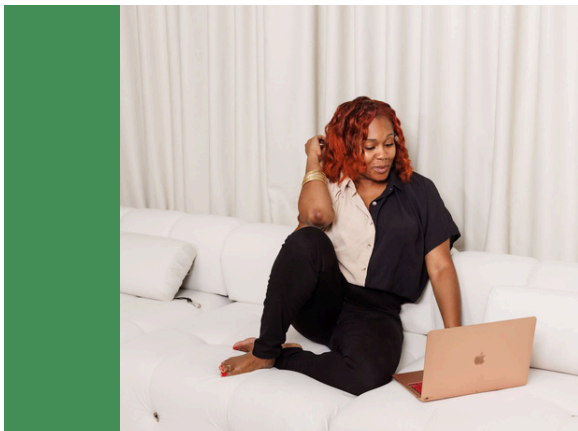
MOVING FROM SURVIVAL TO A FLOURISHING STATE OF MIND



Meet our newest Therapist Rhia

There is nothing quite like a non judgemental safe space to just be and heal. I would love to provide that for you as we unpack challenges such as stress management, anxiety, depression, relationship matters, divorce, parenthood, trauma, discovering your purpose, life and transitions, among others.

Milton Erickson once said, "Life will bring you pain all by itself, your responsibility is to create joy". Let me help you create your joy!



ACCEPTING ALL MAJOR INSURANCES

We are excited to now accept all major insurances. Reach out to schedule a free consultation today to see if one of our therapists is a great fit for you!

[LEARN MORE](#) »

JOIN US FOR SUNDAY SACRED SPACE

Join us for a rejuvenating and peaceful experience at the Sunday Sacred Space. This online event is designed to help you unwind, find inner peace, and reconnect with yourself through a blend of sound baths, meditation, and journaling.

Whether you are new to these practices or a seasoned participant, the Serene Sunday Session offers something for everyone. Come as you are and leave feeling refreshed, inspired, and at peace.

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Desert Oasis

October 10th - 13th 2024

THE DESERT OASIS RETREAT IS HAPPENING

About The Trip

Escape the hustle and bustle of daily life and immerse yourself in the serene beauty of the desert at our Desert Oasis Retreat in Phoenix, Arizona, this October. Designed to help you reconnect with yourself and nature, this weekend getaway offers a tranquil oasis amidst the desert landscape.

Embrace the Tranquility of the Desert

Our theme revolves around embracing the tranquility of the desert. We believe that the vast expanse of the desert has a unique power to calm the mind, soothe the soul, and rejuvenate the spirit. Throughout the retreat, we encourage guests to let go of stress and embrace the peace that surrounds them.

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Promo Code **WELLNESS** for \$250 off