

BREATHE YOUR FUTURE INTO LIFE

A Transformational Experience by



SPIRITUAL POWER &
ALCHEMY RETREATS

March 22, 2025

1-5 pm EST

The House On Helm

238 Helm Street

Elizabethtown, KY 427010

Register at

paulaswope.com



Step into a one-of-a-kind journey of self-discovery and spiritual awakening designed by SPA (Spiritual Power & Alchemy) at the luxurious House On Helm.



Guided by credentialed, compassionate healers trained by Dr. Deepak Chopra and Dr. Sue Morter, this immersive retreat helps you release

the past, empower your present, and create your desired future.



SPA



What You'll Experience:

- **Breathwork & Meditation:** Release emotional blockages and connect deeply with your higher self.
- **Future Self Visualization:** Receive guidance from your higher self about manifesting your dream life.
- **Kirtan:** Use your voice to connect with the Divine and invoke transformative energies.
- **SPA Retreats** foster personal growth and lasting change through sophisticated manifestation and healing practices backed by science.



You'll unlock your inner wisdom and dissolve limiting beliefs through transformative breathwork, meditation, visualization, and Kirtan (group vocal meditation and sound healing).



Our meticulously crafted multisensory experiences open your consciousness and illuminate your unique path to purpose.

After the retreat, you return home with a refreshed mind, body, and soul, ready to continue your journey.

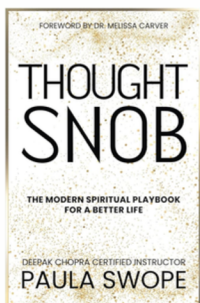


Your journey does not end there!

To support your transformation, you'll return home with a deluxe space-clearing kit to cleanse and align your surroundings.



A virtual follow-up session to further support your efforts to step into a life of greater clarity and intention will also be provided.



You will also receive a signed copy of *Thought SNOB: The Modern Spiritual Playbook for a Better Life*

**Only
\$297/person
(\$2,500 value!)**



Paula Swope is the author of *Thought SNOB: The Modern Spiritual Playbook for a Better Life*. A Chopra-certified coach, Ayurveda Health Specialist, and meditation instructor, she blends science, spirituality, and humor to help people break free from limiting beliefs. Featured in *Tiny Buddha* and *Authority Magazine*, her *Thought Snob Podcast* inspires thousands.



Trained by Dr. Sue Morter, Jamie Dickerhoof is an energy healer and creator of Human Soundcheck, a unique method for restoring balance and well-being. Skilled in B.E.S.T. (Bio-Energetic Synchronization Technique), tuning fork therapy, Jin Shin Jyutsu and Pranic Healing, she blends multiple modalities to support the body's natural healing. As an Energy Codes® Coach, Jamie helps individuals unlock their true potential.



The House on Helm was built in 1812 by Benjamin Helm, the son of one of the three founding families of Elizabethtown, KY. Since 2019, it has become known as the preeminent elevated event venue in Central Kentucky.

