



HOLISTIC WELLNESS WEEKEND

Oldtown, Idaho from August 17 – 20, 2023

*Learn about and put into practice a variety of
holistic wellness techniques for your daily life!*

Registration fee is \$99

Limited to 60 participants

Register: www.healingfrequenciesmusic.com

Email: info@healingfrequenciesmusic.com

Sue Beckman – Meditation

Dr. Eve Bean – Rife/PEMF and Reflexology

Joanne Dusatko – Vibrational Sound Therapy, crystals, and frequency basics

Diane Holladay – Biofield Tuning, Energy Harmonizing, and Biological Terrain

Del Hungerford – Personal Songs, Personal Sound Baths, and energy center activations

Seneca Schurbon – Custom Combo Essences



Registration Information:

- ❖ Fee: **\$99**
- ❖ **Registration is limited to 60 people.** We'll start a waiting list as needed.
- ❖ Registration page: <https://www.healingfrequenciesmusic.com/holistic-wellness-weekend/>
- ❖ **NOTE:** Through July 16th, full refunds are given. After July 16th, the registration refund will ONLY be issued IF someone on the waiting list agrees to take your place... or, receive a sound bath in place of a refund! If you choose the sound bath option, you'll still receive the event packet of information as a PDF!

Address of the event:

- ❖ Group events: The Oldtown Rotary building located at **68 Old Diamond Mill Road in Oldtown, ID 83822**
- ❖ Individual sessions: Healing Frequencies Music Retreat Center – **610 E. Ockert St. S. in Oldtown, ID 83822**

General Information:

- ❖ Snacks, bottled water, and/or other drinks/food ARE allowed at the Rotary building.
- ❖ There is NO Wi-Fi at the facility but there is great cell service.
- ❖ There are plenty of hotels in the area. A list of hotels in Priest River, Idaho and Newport, Washington is available upon request. There are plenty of Air B-n-B's in the area as well.
- ❖ Meals are NOT included with the registration package.
- ❖ There will be daily homework and activations! Bring notebooks and journals.

Signing up for Individual Sessions:

- ❖ The registration form includes a section for you to fill out showing interest levels for the individual sessions. Payment information and in-depth session descriptions are sent via email.
- ❖ Everyone signs up for timeslots for ALL sessions **at the event** in the order of received payment(s).
- ❖ Sessions with Joanne and Diane are **\$45** for 30-minute sessions and **\$80** for 50-minute sessions.
- ❖ NOTE: Diane and Joanne have space for TWELVE sessions each! It's strongly recommended that when you know you'd like one of these sessions, pay in advance to secure your spot.
- ❖ Sound Baths (**\$99**) and Personal Songs (**\$65**) have a special price for this event! These are recorded before or after the event depending on your desires. There is NO limit to the number of orders.
- ❖ Small Group Meditations (**\$20**) include four people to a group, where there's plenty of room for everyone to participate.
- ❖ Custom essence combos are **\$50** each with Seneca Schurbon.
- ❖ Rife and PEMF sessions are **\$50** each with Dr. Eve Bean.

Questions?

- ❖ Email Del Hungerford: info@healingfrequenciesmusic.com



Event Individual Session Descriptions

BREATHING AND MEDITATION sessions are for small groups of four people. Choose your group or sign up where there's space! Learn how to use breathing techniques for relaxation and staying in a place of peace and rest. Sessions are led by Sue Beckman at **\$20** per person for 50 minutes.

BIOFIELD TUNING uses tuning forks to scan the body's electrical system, including the magnetic field surrounding the body. This biofield is connected to the conscious and subconscious mind, including memories. All mental, emotional, and physical disorders can be perceived as dissonance in this field. Biofield Tuning locates this dissonance and entrains the biofield into coherence, reducing or eliminating the corresponding symptoms. Diane Holladay will provide individual 30-minute (**\$45**) or 50-minute sessions (**\$80**).

BIOLOGICAL TERRAIN TUNING Your health is determined by the biological terrain that surrounds and permeates the cells. Symptoms can alert you to the disharmonies within the body. Biological terrain tuning measures and monitors the body's homeostatic indicators and teaches you how to make adjustments to bring your unique bio-individuality into homeostasis. We start with the highest priority systems: digestion and electrolytes. Personal sessions with Diane Holladay are **\$80**.

CUSTOM COMBO ESSENCE Go home with a remedy just for you! We'll chat for a few minutes about a specific issue you would like to target, pick out some flowers, and mix your custom essence that you'll add to drinks for the next month or so. **\$50** for a half-hour session with Seneca Schurbon.

ENERGY HARMONIZING Jin Shin Jyutsu is the art of reestablishing flowing energy pathways within the body by the laying on of hands. There are many energy pathways within the body and each one provides the river of life to particular cells and organs. When a flow is stagnated, symptoms arise. The hands act as jumper cables to read the energy pulses and harmonize the flow, thereby removing stagnation and blockages, and the symptoms and discomforts they caused. Diane Holladay will provide individual 50-minute sessions (**\$80**).

RIFE/PEMF with Dr. Eve Bean. Choose from one of these three sessions: Circulation, Energy/Vitality or a General Healing Panel. All Rife or PEMF treatments are **\$50**. Reflexology/foot zoning sessions are also available for **\$50** each.

VIBRATIONAL SOUND THERAPY (VST) uses the sounds and vibrations of bronze singing bowls placed on a clothed body which activates the parasympathetic nervous system and brings relaxation and stress reduction to the body and mind. VST benefits can include deep meditative states, reduced depression and sleep issues, an easing of blockages and tension, entrainment of the brain, increased focus, and mental clarity, boosted creativity, a calming of the mind, and the body and spirit working in conjunction. Joanne Dusatko will provide individual 30-minute (**\$45**) or 50-minute sessions (**\$80**).



Daily Schedule

General Information

- ❖ Participants receive a packet of in-depth information with activations and resources to assist in a personal holistic wholeness journey.
- ❖ Bring drums, yoga mat, pillow, and/or anything to help you be comfortable during group sessions.

Thursday, August 17

- ❖ Registration begins at 12:00 PM. Meditation and group sound baths begin at 1:00 PM
- ❖ Introductory sessions are all about the wholeness techniques of the presenters/practitioners.
- ❖ Sign up for individual sessions with the practitioners from August 18 – 21 in the afternoons.
- ❖ Done by 5:00 PM for the day!

Friday, August 18

- ❖ General sessions begin at 9:00 AM and finish at 12:30 PM
- ❖ Sessions include a daily meditation, a group sound bath, and in-depth information on holistic modalities, understanding how frequencies work in a wholeness protocol, the importance of intent, and much more!
- ❖ Individual sessions begin at 2:00 and end by 5:00 PM

Saturday, August 19

- ❖ General sessions begin at 9:00 AM and finish by 12:30 PM
- ❖ Sessions include a daily meditation, a group sound bath (or drum circle), more in-depth information about holistic wholeness, the healing aspects of crystals, activate your energy centers, more on breathing techniques and styles of meditation, etc.
- ❖ Individual sessions begin at 2:00 PM and end by 5:00 PM

Sunday, August 20

- ❖ This is a full morning of activations! Learn how to put everything from the past three days into a daily holistic wholeness routine.
- ❖ Individual sessions begin at 2:00 PM and end by 5:00 PM

Monday, August 21

- ❖ Reserved for individual sessions as needed!