

# Heart Opening Retreat at Zephyr Point

The Heart Opening Retreat at Zephyr Point Conference is May 5-8.

Find your authentic voice and be completely supported in the process as you deepen your awareness of the real you, outside of your roles and stories. Experience a true connection with yourself and others as you practice honoring yourself and communicating your true feelings.

The retreat is facilitated by presenter/performing artist Kathy Zavada and meditation trainer Sarah McLean.

Retreat fees start at \$375.

For more information, email [sedonameditation@gmail.com](mailto:sedonameditation@gmail.com) or call (928) 204.0067.