Wild Rose Texas Retreat Offerings

WELCOME

Thank you for choosing to stay at the Wild Rose Texas Retreat. This land is special, and it's an honor to share it with you. May your time here bring rest, clarity, and a gentle return to yourself. Your casita is designed to support deep rest. Move slowly, breathe deeply, and let the land meet you gently.

WELLNESS SESSIONS & CREATIVE EXPERIENCES

A Path to Wellness

During your stay, you'll have the option to deepen your rest through a variety of wellness sessions and creative experiences. Nothing is required—these offerings are simply available if you feel called.

The multipurpose wellness and creative studio is a calm, intentional space for stillness, hands-on healing, wire-wrapped jewelry creation, and other art-based experiences that support expression and renewal. It's part of the land's story, and you're welcome to step into it at your own pace.

When the body softens, the heart follows. We carry more than we realize. We accumulate tension, mental noise, or even a sense of overwhelm that hasn't had room to unwind. The land naturally begins that softening, and these sessions gently deepen the process.

There is often a moment—a breath you didn't know you were holding—when something inside finally loosens. These sessions are created for that moment: a place to be held, to be witnessed, and to return to yourself with ease. A place where the noise falls away and the deeper layers of you have space to rise, settle, and be heard.

A Gentle Return to Your Own Expression

Creativity is a birthright, a natural expression of being human. Yet many people grow up believing they must be an "artist" to be creative, and in doing so, they close the very door that leads to discoveries, play, and inner expression.

These creative offerings invite you to reopen that door. They are explorations of intention, color, texture, and meaning. Cherished moments when the hands know what the heart is trying to say. Without pressure or expectation, your unconscious has room to speak.

Each piece you create becomes a reflection of something inside you: a feeling, a memory, a hope, a truth. A tangible expression of your inner world taking form.

Whether you're seeking grounding, pain relief, clarity, softening, or a return to your own rhythm, these sessions and creative experiences open that door.

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WELLNESS SESSIONS

The Deep Wild Rose Restoration Session

A slow unwinding. A softening. A return. A discovery of stillness.

This session meets you where you are and invites your whole system to release what it's been carrying. Through gentle touch, fascia release, and intuitive presence, your body finds space, your breath deepens, and your nervous system settles into a quieter rhythm.

$2.00/minute

- **$120** (60 minutes)
- **$180** (90 minutes) Please wear sports clothing so I can access your skin for fascia work

Earth Connection Reset

Bare feet on the ground. Breathing with each step. Wind moving through the trees.

This session brings you into conversation with the land itself, a grounding, spacious experience that helps you feel held by something larger. It's a gentle opening, a clearing, a memory of your own natural pace.

$1.50/minute

- **$67** (45 minutes)
- **$90** (60 minutes)

Fascial Maneuvers Session

Movement as medicine. Breath as release.

These simple highly effective movements help your body feel lighter, more open, and more aligned. Tension unwinds. Space returns. You leave feeling clearer in your mind, more relaxed in your body, and steadier in yourself.

$1.50/minute

- **$67** (45 minutes)
- **$90** (60 minutes) Please wear sports clothing so I can access your skin for fascia work

Energy Balancing Session

A quiet recalibration. A soft inner shift.

Sound, deep grounding touch, and intuitive energetic work help restore flow where things have felt stuck or heavy. This session brings a sense of clarity, grounding, and emotional ease—like your inner waters settling after a long storm.

$1.50/minute

- **$67** (45 minutes)
- **$90** (60 minutes) Please wear clothing that allows for unrestricted movement

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Custom Aromatherapy Blend Session

Scent as memory. Scent as intention. Scent for healing.

This session invites you into a sensory exploration that helps you connect with what you're calling in. Through breath, intuition, and aromatic notes, a blend emerges that feels like yours—a small bottle of grounding you can take home.

- **$45** (30 minutes)

Remote Wellness Service

Hair Tissue Mineral Analysis (HTMA) & Mineral Review

HTMA is a **remote wellness service** that unfolds over several weeks. It is a multi-step process. You provide a small hair sample, I send it to the lab, and once results return, I create a personalized mineral overview, wellness plan, and a 45-minute review session to go over your results together.

- **$250** (Initial Hair Test)
- **$215** (HTMA Retesting)

CREATIVE EXPERIENCES

Painting Journey

Sit with your soul

Through painting, your soul reveals what has been waiting beneath the surface.

This experience is not about artistry, talent, or technique. In fact, having no painting skills at all is often the most powerful way to enter this process. Without preconceptions about how things should look, your hands are free to move, your intuition is free to speak, and the unconscious has room to rise.

- This is painting as discovery
- Painting as expression
- Painting as a quiet conversation with the parts of you that do not use words
- Color becomes emotion
- Movement becomes release
- The canvas becomes a mirror

What emerges is not a product to judge, but a truth to witness, something inside you taking form in its own honest way.

- **$180** (3–4 hours)

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Wire-Wrapping Workshop

A slow, hands-on creative immersion where you learn to wrap rough-cut gemstones and design your own hanging strand. You are guided step by step through the process, allowing your intuition to shape the colors, textures, and flow. The finished piece becomes a unique expression of your intentions and inner landscape.

- **$180** (3–4 hours)

Stillness Hanging Strand

Create and assemble your own approximately twelve-inch strand using pre-wired rough-cut minerals. You will also learn to make your own attachment pieces, allowing your strand to become a personal symbol of grounding, stillness, and intention.

- **$75** (90 minutes)

Intention Bracelet

Choose gemstones and beads that align with what you are calling in. As you string them on stretch cord, you weave your intention into something you can wear, touch, and return to whenever you need grounding or clarity. A simple, beautiful ritual of meaning and adornment.

- **$75** (90 minutes)

Comfort Bead Strand

Design and create a small bead strand that fits in your purse or pocket. This piece becomes a quiet companion, something to hold, touch, or hold in your fingers when you need comfort, soothing, or support as you move through your day.

- **$55** (60 minutes)

Intention Purse Dangles

A playful, expressive creation made from your choice of beads, charms, and colors. You design it, and guidance is offered as needed. The final piece is assembled for you and becomes a small, meaningful adornment you can carry with you.

- **$55** (60 minutes)

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Wellness Sessions	Creative Offerings	Add-Ons
Deep Wild Rose Restoration **$2.00/minute** • **$120** (60 minutes) • **$180** (90 minutes) *Earth Connection Reset* **$1.50/minute** • **$67** (45 minutes) • **$90** (60 minutes) *Fascial Maneuvers* **$1.50/minute** • **$67** (45 minutes) • **$90** (60 minutes) *Energy Balancing* **$1.50/minute** • **$67** (45 minutes) • **$90** (60 minutes) *Custom Aromatherapy* • **$45** (30 minutes) *HTMA + Mineral Review* • **$215 - $250** **This is a Remote Service and is a multi-step process**	*Painting Journey* • **$180** (3–4 hours) *Wire-Wrapping Workshop* • **$180** (3–4 hours) *Stillness Hanging Strand* • **$75** (90 minutes) *Intention Bracelet* • **$75** (90 minutes) *Comfort Bead Strand* • **$55** (60 minutes) *Intention Purse Dangles* • **$55** (60 minutes)	*Botanical Space Clearing (Smudging)* • **$45** (30 minutes) *Breakfast Basket* • $45 *Grocery Stocking* • **$35** (plus cost of groceries)

Scheduling Guidelines:

- Most guests choose one session per day
- Workshops are best earlier in the day
- Weather-dependent sessions may shift
- Addons can be arranged anytime
- Payment collected at the end of your stay