



THE HEALER WITHIN FOUNDATION RETREAT

Rewilding your Spirit, Rewiring your
Mind and Renewing your Body

**Looking for the perfect
retreat for more vitality, well-
being and community?**

Join us September 14-19, 2025
at **Guesthouse Retreat Center**
in Chester, CT for a
transformative experience.



**TAKE A TOUR OF THE
RETREAT CENTER BY
CLICKING HERE!**

Our Retreat offers:

- ❖ Breathtaking Scenery
- ❖ Cozy Comfort
- ❖ Outdoor Adventures
- ❖ Peace and Privacy
- ❖ Daily Qigong, Tai Chi & Somatic Learnings
- ❖ 6 different presenters
- ❖ All meals included

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Our Intent and Focus:

We will spend the week together:

- Exploring body-mind connections in real time so that you can get the important answers you need about your own health and wellbeing
- Practicing ancient body-mind healing methods so that you have tools to strengthen your own body, emotions, and mind
- Wandering purposefully through nature so that you can reconnect with that lost part of yourself which is longing to be remembered and expressed
- Accessing deeper levels of your own Healer Within through Qigong & Somatic Practices

Together, we will journey past pain and stress responses that shape so much of our lives into a world of deeper, inner understanding for more vitality, well-being & community.



THE HEALER WITHIN FOUNDATION RETREAT

Meet Your Main Presenter:

Brian Trzaskos, PT, LMT, CSCS, CMP, MI-C



Brian is the co creator of Sensation-Based Motivation, a somatic, trauma-sensitive coaching methodology. As a practicing physical therapist and student of Eastern movement, meditation, and energy medicine practices for nearly three decades, he holds advanced certifications in both Western and Eastern healing arts. Brian has led programs at the world renowned Kripalu Center for Yoga & Health, the Omega Institute, and across North America. He is the president of NEW Health Inc. and director of education at the Somatic Coaching Academy where he trains coaches and wellness professionals to use research supported somatic practices, tools, and coaching skills. You can learn more about this specific presenter's work at somaticcoachingacademy.com

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Additional Presenters:

**IIQTC Senior Trainer,
Vince Sauter-** Leading Forest
Bathing Opportunities



**IIQTC Senior Trainer, Lori
Candon-** Leading Daily Morning
Qigong Practices



IIQTC Senior Trainer, David Lehman-
Leading Five Element Mind/Body Fitness-
Aerobic qigong connecting with Nature



IIQTC Senior Trainer, Sharon Infante-
Leading Community Circles, Mediation, a
Labryinth Walk & Breathwork



HWF Board President, Diane Ramftl-
Leading 24 posture Therapeutic Qigong



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The Features of our Main Presenter:

Sunday- Evening Welcome

In this brief welcome we will introduce the road map for the week and mindfully enter into the journey.

Monday

Session 1: Aspirin for the Mind (90 minute AM)

Set intentions and explore the interplay between stress, pain, and perception.

Session 2: Down the Rabbit Hole (120 minute PM)

We go deeper into experiencing somatic practices to learn what your stress and pain are hiding.

Tuesday

Session 3: Into the Wild (90 minute AM)

We will walk in nature with a question and come back with answers revealing the unconscious reason for our stress and pain.

Session 4: The Nature of Your True Nature (120 minute PM)

We will learn to experience the wisdom of Natural Law as exemplified by nature itself and integrate those lessons into aligning with our own true purpose.

Wednesday

Session 5: Reveal Your Resistance to Change (90 minute AM)

We will explore and reveal your unique somatic resistance to change.

Session 6: Legends of the Fall (120 minute PM)

We will experience together the alchemy of letting go of that which we have revealed and no longer serves our highest purpose

Thursday

Session 7: Chop Wood, Carry Water (90 minute PM)

We will learn how to integrate new found wisdom into living practice as you prepare to return back home.

Session 8: All New Beginnings Start with an Ending (60 minute

Evening) We honor the power of transition in the process of growth and change.

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Schedule of Events:

Sunday- Arrival begins at 3PMEST

☯ Sunday Dinner 6:00 - 7:00

☯ Opening ceremony 7:00 - 8:30- Diane- Introduce HWF, instructors, Board Members, schedule, Brian talk about the week, chatting the kickoff

Monday-Wednesday

☯ 7:00 - 7:45 Qigong/Meditation with Lori Candon

☯ 7:45 - 8:00 BREAK

☯ 8:00 - 9:00 Breakfast

☯ 9:00 - 9:45 Aerobic qigong connecting with Nature with David Lehman

☯ 9:45 -10:30- BREAK

☯ 10:30 -12:00 Brian Trzaskos Presentation

☯ 12:00 -12:30- BREAK

☯ 12:30 - 1:30 Lunch

☯ 1:30 - 2:30 Forest bathing and therapy with Vince Sauter 2 of the days AND
24 Posture Therapeutic Qigong with Diane Ramftl the other 2 days

☯ 2:30 - 3:00 BREAK

☯ 3:00 - 5:00 Brian Trzaskos Presentation

☯ 5:00 - 6:00 BREAK

☯ 6:00 - 7:00 Dinner

☯ 7:30 - 8:15 Community circle with Sharon Infante

Thursday

☯ 7:00 - 7:45 Qigong/Meditation with Lori Candon

☯ 7:45 - 8:00 BREAK

☯ 8:00 - 9:00 Breakfast

☯ 9:00 - 9:45 Aerobic qigong connecting with Nature with David Lehman

☯ 9:45 - 10:30 BREAK

☯ 10:30 -12:00 Guided Labryinth Walk with Sharon Infante

☯ 12:00 -12:30 Break

☯ 12:30 - 1:30 Lunch

☯ 1:30 - 2:30 Forest bathing and therapy with Vince Sauter 2 of the days AND
24 Posture Therapeutic Qigong with Diane Ramftl the other 2 days

☯ 2:30 - 3:00 BREAK

☯ 3:00 - 4:30 Brian Trzaskos Presentation

☯ 4:30 - 5:00 BREAK

☯ 5:00 - 6:00 Brian Trzaskos Ending Ceremony

☯ 6:00 - 7:00 Dinner

Friday

☯ 8:00 - 9:00 Breakfast

☯ 11:00-12:00 Lunch

☯ 12:00 Check out

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What's Included:

- ☯ All meals are included (3 meals a day)
- ☯ Single Room Accommodations
- ☯ All presentations/trainings available
- ☯ Yoga mats
- ☯ Access to the grounds



What's NOT Included:

- ☯ Transportation to the facility- If flying in locally, it is recommended to Uber or rent a car from the airport to arrive at the Guesthouse Retreat Center. More info can be found **HERE**.

****Additional info regarding food can be found HERE.**

Investment:

- ☯ \$2400 (not including flights/transportation to retreat center)- All payments must be received by September 1, 2025
- ☯ Payment Options: Pay in Full or 6 month payment plan

How to Secure a Spot:

Click the appropriate link below, based on your payment preference, and you will be all set!

PAY IN FULL (\$2400 one time fee)

6 MONTH PAYMENT PLAN (\$400/mo for 6 months)

Once payment has been received:

We will email over a registration link within 7 days and then you'll be all set to attend our first ever retreat.

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By signing-up for the HWF retreat, you are agreeing to:

Medical Waiver:

In consideration for participation in the Healer Within Foundation retreat September 14-19, 2025 I hereby **(a)** accept full responsibility for and assume the risk of any injuries sustained because of my participation in classes, lessons and practices; **(b)** release and hold harmless The Healer Within Foundation, it's Directors, Employees, Agents, Volunteers and all Instructors for any liabilities, injuries and expenses that may arise as a result of participation in any and all retreat classes, lessons and practices.

I know of no medical reasons why I should not participate. I understand that if I do have any medical reasons why I should not participate in any classes, lessons or practices it is my responsibility to obtain a clearance from my doctor before commencing.

Photography Waiver:

1. Authorization to Use Photos and Videos:

The Participant grants permission to The Healer Within Foundation, its agents, employees, volunteers, and contractors, to take photographs, video recordings, and/or audio recordings (the "Media") of the Participant during the Retreat. The Participant also grants the Organization the right to use, distribute, and publicly display these Media for promotional purposes, including but not limited to marketing materials, website content, social media posts, advertisements, and publications, without further consent or compensation. The Healer Within Foundation agrees to not use any specific names or titles with the use of digital media.

2. Use of Media:

The Organization may use the Media for any lawful purpose, including but not limited to the following:

- Promotional and marketing purposes
- Social media (Facebook, Instagram, Twitter, etc.)
- Website content and online materials
- Educational and training materials
- Publications or advertisements in print or digital formats

Questions:

Email admin@healerwithinfoundation.org