

Reconnect to Your Essence



Join Susie Krebs and Nicole Bauer for a restorative weekend retreat designed to help you reconnect with the healing **energy of nature**—and your **authentic self**.

Through guided meditations, healing circles, and mindful reflection, you'll be gently supported as you nourish your **body, mind, and spirit**, release what no longer serves you, and return home feeling grounded, clear, and renewed.

Retreat Highlights

- ❖ Energy Coaching
- ❖ Soul-led Meditations
- ❖ Journaling and Sacred Reflection
- ❖ Reiki Healing Circles
- ❖ Ceremonial Clearings in Nature



May 1-3, 2026

Awosting Club
50 Camp Ridge Rd.
Wallkill, NY 12589

❖ Reserve Your Spot for This
Intimate Healing Experience

essencehealing.17@gmail.com
845-745-5730 Nicole
845-283-5982 Susie

Details

www.awostingclub.com

The Awosting Club has nearly 250 acres of trails, waterfalls and nature in her simplest and most beautiful form.

Be transformed by nature.
Reconnect to your light as you are immersed in nature.

The Weekend Retreat Will Include –

 **Nutritious meals** and snacks catered by Main Course
Water, coffee and tea served throughout the day

 **Sharing circles**
Chanting under the full moon and campfires
Reiki group healing sessions
Cacao Ceremony

 **Classes**
Morning Sadhana
Guided Meditations
Yoga Nidra
Qi Gong and Breathwork
Wellness Coaching

 **Reflection Time**
Outdoor space with amazing views of Minnewaska forest.
Hike to waterfall
Optional hike to Gertrude's Nose on Sunday afternoon



Accommodations

Your **stay**, your **sanctuary**
Choose the space that feels right for your retreat experience

Retreat fee:
\$399 per person

(Retreat fee separate from accommodation)

Coming with a friend? Shared rooms are available

*Accommodation costs can be split

Room Rates (per sleeping space **for the entire weekend**)

✓ Downstairs Queen Mom Room (bath)	\$440
✓ Downstairs Queen Caretaker Room	\$380
✓ Downstairs Queen Pantry Room	\$380
✓ Upstairs Queen Cozy Nook	\$350
✓ Upstairs Queen Nook 1	\$300
✓ Upstairs Queen Nook 2	\$300
✓ Upstairs Full pullout	\$150

"Rooms are limited and thoughtfully assigned on a first-come basis"
\$150 Deposit required to reserve your space
Remainder due by April 1st (payment plan available upon request)



Your Facilitators

Susie~

Is the founder of Golden Path Healing and has been providing coaching services and teaching classes to clients on these principles since 2019.

Susie is a Reiki Master and a practicing healer, incorporating both spiritual and counseling modalities with each of her clients.

She is a published author of the book, "ES Thinking; Extraordinary Living Through Ego Spirit Thinking" and cofounder of this practice.

Susie is a certified Practitioner of Neuro-Linguistic Programming (NLP) for over twenty years.

As a retired Speech Pathologist, she is known for her compassion and skill in improving physical communication issues and brings unique perspective to applications of NLP for adults and children.

Nicole~

Is honored to share the art of Reiki, a practice she has developed through years of learning, dedication, and love.

Through her own healing journey—and a daily practice of breathwork and yoga—Nicole has cultivated inner calm, clarity, and balance.

She completed Reiki Levels 1 and 2 and received her Mastery at Mystica in Costa Rica.

Nicole now helps others reconnect with their inner light, build a sense of peace in their daily lives, and discover the strength and magic within themselves.