

## RETREAT INFORMATION

**LOCATION:** St. Mary of the Pines in Chatawa, MS. (1.5 Hours from Baton Rouge/New Orleans) Map available from Antoinette or call SMP: (601) 783-3494.

**COST:** \$650. Discounted rate is \$500 for those who have attended 5 or more retreats. Please make checks payable to Healing Dimensions. Private or shared rooms are available; all meals are included. Vegetarian options are provided. Meals are prepared by our own retreat staff. You are welcome to bring your own favorite snacks/teas. (Please notify us in advance regarding dietary restrictions).

**DATES:** The retreat begins on Thursday, March 14th and runs through Monday, March 18th, 2019. Please plan for 2pm departure.

**TIMES:** The retreat begins at 7:30pm on Thursday and ends by 2pm on Monday. A light dinner is available on Thursday night from 6:30pm on.

**ELIGIBILITY:** No previous attendance is required. Newcomers are most welcome.

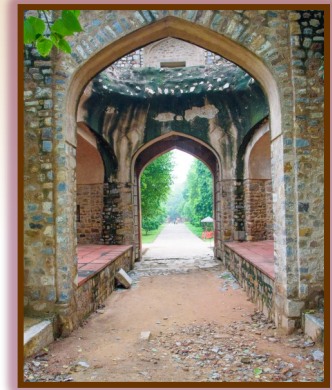
**RESERVATIONS:** Contact Antoinette Kleinpeter (225) 247-8202. Please reserve early, as attendance is limited to 24 participants. Full refund up to two weeks prior. Half refund due to subsequent or medical cancellation. Antoinette may also be reached at e-mail: majk1111@cox.net. Brent can be reached at (847) 372-8894.

Antoinette Kleinpeter  
4 Rue Toulouse,  
Baton Rouge, LA 70808  
(225) 247-8202

## A Spiritual Retreat



*“Sacred Rest  
and Renewal via the  
7 Portals of Healing”*



*With Brent Baum  
Retreat Director*

St. Mary of the Pines  
Retreat Center  
Chatawa, Mississippi  
March 14-18, 2019

## *“Sacred Rest and Renewal via the Seven Portals of Healing”*

The focus of our 2018 Spring Retreat (our 35th) at St. Mary of the Pines is about utilizing the abundant resources available for us to release our burdens and strengthen our hearts during this transition time. For those of us that are caregivers and regularly employ our empathic skills, the last person we sometimes pause to heal is ourselves. On this retreat, we bring to bear the rich resources available for us to heal, cleanse, ground, recharge, nurture, and empower our Core Self.

Through directed meditations, exercises, and healing experiences, we increase our access to the collective portals of healing evidenced in consciousness, thereby enhancing our capacity for: 1) empowerment and grounding (safety), 2) manifestation, creativity, and productivity, 3) interconnectedness and communication, 4) heart connection and unconditional love, 5) empowered speech and transmission of truth, 6) multidimensional perception and guidance, and 7) profound, sustaining, abiding connection with All That Is. Our “collective centers of consciousness” offer us remarkable and expansive resources for the healing and empowerment of ourselves, our loved ones, and the planet itself.

By utilizing these amazing resources to raise our vibration, we more easily align with our soul’s purpose (s), our path to enlightenment, and the clearing of the karmic shadow and traumas that derail the best of our goals, dreams, hopes, and efforts to build and sustain healthy relationships.

## **On Our Retreat You Will Have the Opportunity to Experience:**

- **Guided Meditations for Finding and Sustaining ‘Core’ Strength**
- **Kundalini Yoga (optional)**
- **Exercises for Gaining Mastery of Your States of Consciousness**
- **Healing Exercises and Inductions to Assist You in Emerging from ‘Trance’ and Living in the Present Moment.**
- **Introduction to the Newest Tools of Holographic Memory Resolution for Resolving Stress and Trauma**
- **A Special Evening of Drumming, Music, Meditation, and Healing**
- **A Wide Variety of Healing Resources for Clearing, Healing, and Recharging our Energy Fields in the Aftermath of Stress and Trauma.**

**For Additional Information on Lectures, Conferences, Workshops, Trainings in HMR (now available online), Certified Practitioners, and Digital Download of Brent’s Books and CD’s/MP3 Files, or to View the 3 YouTube Videos on HMR, Visit Our Websites: [healingdimensions.com](http://healingdimensions.com) or [hmrtraining.com](http://hmrtraining.com)**

## **Brent Baum, STB, SSL, LISAC, CADC, CCH,**

is an internationally recognized author and trauma resolution specialist who has worked with thousands of trauma survivors, including the officers and survivors of the Oklahoma City bombing and the terrorist attacks of 9/11. He is responsible for the development of Holographic Memory Resolution®, a new mind-body therapy which addresses encoded memory on both physiological and bioenergetic levels. Trained as an interdisciplinary specialist in the fields of spirituality, trauma, and addictions, this gifted healer and teacher uses his highly developed intuitive abilities to enhance access to and the resolution of traumatic imprints.

Brent has served as a priest in the Catholic church, as the Clinical Director of Cottonwood Treatment Centers, and is currently one of a select group of therapists providing services at Miraval in northwest Tucson. He is the author of *The Healing Dimensions*, *Living As Light*, and *Surviving Trauma School Earth*. He is a Licensed Substance Abuse Counselor and a certified clinical hypnotherapist. Brent currently maintains a private practice in Tucson, AZ, works at “Miraval: Life in Balance,” and also travels internationally, lecturing and teaching his healing approach. His work focuses on the empowerment of the healer we hold within.

