



SOUL CREATIVITY CAMP

June 10 - 13 \$325

To Register go to, <https://www.soulcreativemedia.com/classes-camps>

For More Info Contact Leigh at dalyreagan@gmail.com

DAY 1

Thurs 10th 6 - 8pm - New Moon Ceremony by the Snake River led by Leigh

Raise your vibration and bring in the new. When we shift our energy towards positivity and gain clarity of our dreams, we shift the world around us to create exactly what we want. Get clear and get powerful. June 21st is the summer solstice and it's the perfect time to manifest what you desire. The New Moon is on the 10th and we will create a sacred space to transform into our highest selves.

Bring: Water bottle, snacks, all weather gear, a journal

DAY 2

Fri 11th 4 - 7pm - Evening Phelps Lake Hike and Cold Plunge

During our hike in Grand Teton National Park, we will practice a walking meditation that will focus on what we want to bring into our lives. A special mantra will evoke your deepest desires.

A cold plunge or swim is an internal reset. It may be initially unpleasant but it quickly becomes exhilarating. Studies suggest the mild electroshock delivered to the brain by cold water sends an overwhelming amount of electrical impulses from peripheral nerve endings to the brain, which results in an anti-depressive effect. After cold-water immersion, dopamine production more than doubles, while cortisol (stress hormone) levels decline. Cold water increases oxygen, thought clarity, and will power, everything you need to reshape your life. After our plunge we will refocus on our new intention.

Bring: Water bottle, packed dinner, snacks, bear spray, all weather gear, a journal

DAY 3

Sat 12th 10am - 2pm - Get Creative at Leigh's House or Meet at Tickling The Beast Studio

Everyone is creative, it's a matter of giving yourself the time to cultivate and develop your creative thought. We will do a short creativity meditation, visualization, mind map exercise, vision board, and paint. The group will also do an intuition exercise.

Leigh will prepare a healthy and nourishing lunch for everyone. We will meet outside on Leigh's back porch and the living room with the doors open.

Bring: Water bottle, snacks, all weather gear, a mask, a journal

DAY 4

Sun 13th 4pm - 7pm - Bring In The New

We will convene at a location TBD and share our thoughts and experiences from the last few days. The group will then do an online sound bath and angel cards to assist our connection to our higher selves. The camp will conclude with a short cacao manifestation ceremony.

Bring: Water bottle, a packed dinner, all weather gear, a journal

Camp Requirements: It is important that everyone remain healthy and follow proper health covid guidelines. In order to attend and register for this workshop, you must be fully vaccinated or take a covid test 3 days before the workshop. During the 3 days that you await test results, you are required to follow covid guidelines by wearing a mask indoors.