

# CONNECTING TO THE MAGIC OF OUR SOULS

January 16, 17, 18

Retreat

Santa Barbara, Ca

**Have you forgotten the magic of life, the playfulness and sheer enjoyment of living? Have you forgotten WHO YOU ARE?**

No matter your story or what you believe about yourself, you are a spark of the Divine, a true miracle of love in an extraordinary three-dimensional form. You are love and you are loved, simply because you exist.

In this mystical and nurturing weekend, you will have an opportunity to remember your true self...to retrieve a part that may have gotten lost along the way and remember the magic of your soul, and who you truly are. Over the three days, you will take an extraordinary journey to reclaim a part of yourself that has great wisdom and love to share with you. Through non-medicine shamanic journeys, visualizations, nature walks, sharing, and creative experiences you will allow more of your authentic self to emerge and regain a sense of playfulness, wholeness and self-love.

The retreat is held within a beautiful sprawling ranch house on a large, private ranch in Northern Santa Barbara. The home is part of the sacred experience and is a supporting element of the retreat. Set on sacred Native American land, both the home and the land hold an enchanted essence that you will feel the minute you arrive. See the attached flyer for more information about the house and the accommodations available on site.

**Come and be a part of an immersive and transformative experience where you remember the beauty of YOU and have fun doing it!**

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*Retreat*

*Santa Barbara, Ca*

## **Schedule**

Friday, January 16<sup>th</sup>, check in, 3:00 to 3:30  
Retreat starts at 3:30 and goes to 7:30  
Saturday, January 17<sup>th</sup>, 8:30am to 7:30 pm  
Sunday, January 18<sup>th</sup>, 9am to 4pm

## **Meals included**

Friday evening dinner  
Saturday, Breakfast, lunch, dinner and snacks  
Sunday, Breakfast and lunch

## **Price for single participant**

\$755 including meals and materials  
Accommodation is extra, please see flyer for onsite housing prices

This is a small event in an intimate setting, so spaces are limited. Upon booking, more information, the location of the retreat and the driving directions will be provided.

\*Open to all genders\*

**A non-refundable deposit of \$300 is due upon booking. The remaining amount is due by December 15<sup>th</sup>. For cancellations after December 15<sup>th</sup>, your retreat fee will be refunded minus the \$300 deposit. For any cancellations after January 5<sup>th</sup>, no refunds will be issued.**

**We accept payment via cash, check, Venmo, PayPal or Zelle. Any transaction fees will be added to the tuition amount. For questions please email,  
Tricia at [triciasaroya@gmail.com](mailto:triciasaroya@gmail.com)  
Or Sabine at [sabine@purely-aligned.com](mailto:sabine@purely-aligned.com)**

# YOUR FACILITATORS

SABINE SCHMIDT

I was born and raised in Germany, and spent my youth training in gymnastics. When a spinal condition ended my career, I found myself turning inward. At fourteen, I began exploring yoga, meditation, and other spiritual practices, and soon after had several profound spiritual experiences that opened me to other dimensions long before I had language or guidance for them.

In my mid-twenties, I earned a Master's Degree in Psychology from the University of Hamburg while working as a caregiver and later as a drug and alcohol counselor. I explored many healing modalities—reiki, bodywork, psychotherapy, bioenergetics, and dance therapy—which supported my physical healing, however I often felt the spiritual element was missing.

My guides led me to Barbara Ann Brennan's Hands of Light and eventually to her four-year Energy Healing program. There, I found the teachers and framework I had been seeking as well as the complete healing of an autoimmune condition I'd had since childhood.

In 2006, I felt called toward shamanism and began studying with the Foundation for Shamanic Studies, weaving its practices into my work ever since. I later trained as an End-of-Life Doula with Inelda, a role that allows me to gently support the dying and their families.

Because past-life trauma often reveals itself as the root of present-day challenges, I also offer QHHT, Quantum Healing Hypnosis Technique, as taught by Doloros Cannon, where clients can access deep healing through their Higher Self.

That led me to the Starseed Academy with Birgit Fisher, a well known Austrian medium, where I spent an intensive year of study.

The heart of my work is using my clair senses and high sensory perception to offer a safe, compassionate, and sacred space. With empathy, presence, and the guidance of my helping spirits, I support clients in their healing and reconnection with themselves.



TRICIA SAROYA

I've lived a creative life for as long as I can remember, often choosing unconventional paths over the "safe" ones. Following my muse hasn't always brought prosperity, but it has given me a life rich in beauty, curiosity, and meaning. I received my BA in Art History and trained in design through night school. For more than twenty years, I worked as a wedding and event designer, with my work featured in magazines, blogs, and books. I'm also a prolific fine artist, with pieces shown throughout the Southwest.

Spirituality has always been the second thread running through my life. I grew up in a highly unconventional manner and experienced trauma early on. In my search for understanding and healing, I explored everything from formal religions to occult and esoteric traditions. I've practiced meditation and yoga for most of my life, and I've been in counseling for over thirty years. I trained in shadow-work facilitation through Cliff Barry's Shadow Work® program, a powerful and transformative psychological process. I'm also a member of Michael Harner's Foundation for Shamanic Studies and have completed most of their coursework. Additionally, I trained in Michele Baker's Paint from Your Soul program and now offer art therapy as a way to support emotional and spiritual healing through creativity.

From my teens on through my thirties, I was a martial artist, which led me into teaching Model Mugging—an immersive women's self-defense program that uses realistic scenarios to rewire trauma responses and build embodied confidence. It was a profound somatic pathway for healing old wounds.

Today, I weave together my two lifelong passions—spirituality and creativity—to create beauty, healing, and transformative experiences. I believe that reconnecting with our soul's essence allows us to rediscover forgotten parts of ourselves and move closer to our own radiant, divine nature. Supporting others in that rediscovery isn't just my work—it's what I'm called to do.



Tricia's website  
<https://www.triciasaroya.com>

Sabine's website  
<https://www.purely-aligned.com>

Retreat Location

# Dos Pueblos Ranch

## Santa Barbara, California

### Jan 16<sup>th</sup> to 18<sup>th</sup>, 2025

- This stunning, modern ranch home offers breathtaking ocean and mountain views, nestled amidst the undisturbed, tranquil landscape of the Gaviota coast. The sprawling house has a spacious living and dining room with cathedral ceilings and a large fire place evoking “old-California” charm. The living room opens onto an enclosed patio in the front with ocean views and another private patio in the back with heated swimming pool. There are two bedrooms with a king and queen size bed respectively with each bedroom offering its own private bathroom. There is also a master suite with a king size bed, luxurious bathroom with tub and two showers, a sitting room with ocean views and a smart TV. The house has a fully equipped chefs’ kitchen, and a laundry room with washer and dryer. This beautiful place easily sleeps 6 with two people per bed. There is also a roll away twin bed for an extra person that doesn’t mind sharing one of the bedrooms or the master wing’s sitting room. One bathroom will need to be shared with the participants of the retreat and the guest will be given a discount for this consideration.

- Master suite
- \$250 per night, single occupancy
- \$300 per night, double occupancy
- Guest bedrooms (2)
- \$150 per night single occupancy
- \$200 per night, double occupancy
- Extra person in a roll away bed, \$50 per night
- \$50 off to share bathroom with retreat participants

Limited accommodations so available on a first come first serve basis.

