



The Hooper Homestead is an excellent environment for personal renewal and deep spiritual connection. Whatever your spiritual path, our cozy mountain getaway is the perfect place for relaxation, reflection, and renewal. A Blissful Spirit Retreat enables you to return home and live your life feeling empowered with deep inner peace and clarity restored.



BLISSFUL SPIRIT RETREATS & SPA



FOR MORE INFORMATION
ON OUR RETREATS,
GETAWAYS & SPA

303 582-5828

210 Hooper Street Central City, CO 80427

www.hooperhomestead.com/retreats.htm

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BLISSFUL SPIRIT RETREATS



CHRISTINE POLLOCK

Transformational Healing
Practitioner; Licensed Massage
Therapist; Yoga Instructor; Spiritual,
Health and Wellness Retreat Leader;
Life Alignment Practitioner; Life
Transition Coach; Meditation &
Breathwork Facilitator; Detox &
Nutrition Specialist



"You must enbrace in your hearts the Spiritual urge towards light & love, wisdom and bliss" Sri Sathya Sai Baba

Christine has trained in numerous healing modalities and offers personalized transformational healing sessions, life transition consultations and nutritional coaching. Since 2004, she has owned and operated Blissful Spirit Retreat and Spa in Central City, Colorado. There, in the serene outdoor setting of the Rocky Mountains, she develops personalized individual and group retreats using an array of healing approaches, spiritual resources and nutritional expertise. Her wide range of training allows her to create unique, in-depth programs to refresh and transform body, mind and soul.

Owner & Operator of the Hooper Homestead and Blissful Spirit Retreat & Spa 2004-Present
Esoteric Psychology 2012; Transformational Healers & HIU Wisdom Teachers Program 2008-2011; Reiki Level II & Licensed Massage Therapist - Golden Institute of Massage 2006
Yoga Teacher Training Shambhava School of Yoga 2003; Ayurvedics Alandi Ayurveda Gurukula 2001-2003; Life Alignment Certification 2002.

TRANSFORMATION HEALING SESSION

Purely a timeless, omniscient and unique experience that was designed to support you in moving through, healing and transforming any aspects of life that prevent you from living in Pure Consciousness. Energetic gateways open using mental, physical and spiritual alignment allowing for the Higher Self or Spirit to infuse. Advanced energy modalities and creating sacred space within enables profound self-healing to occur on all levels. Each session is tailored to meet the requirements or point on the path for that individual. Re-establishing energetic harmony/balance, stress reduction, uplifting vibration, peaceful abiding, structural alignment, rejuvenation with mental clarity and abundant energy are a few of the benefits.

A session may include life alignment, journey work, energetic/emotional release techniques, chakra balancing, creative visualization, craniosacral work, sound therapy and personal dialogue all opening your Heart more fully to live as the love and light of your true divine nature and authentic Self.

"I felt wonderfully integrated and complete after my transformational healing session with Christine"...TB

TRANSFORMATIONAL HEALING SESSIONS
CRANIOSACRAL BALANCE
LIFE ALIGNMENT
BODY SPIN
LIFE TRANSITION COACHING
THERAPEUTIC MASSAGE W/REFLEXOLOGY

75 MIN \$125
60 MIN \$95
75 MIN \$110
50 MIN \$85
60 MIN \$95
90 MIN \$125

BLISSFUL SPIRIT RETREATS

INTO THE LIGHT PERSONAL JOURNEY

\$695

Be the Light and Love that you are! Discover and feel the presence of your own Soul & Divinity within. Be Blissful! This Transformational Retreat is truly an invitation to Be-ing yourself in all your Magnificence. The Journey includes three nights' accommodations in the Hidden Treasure Suite at the Hooper Homestead, healthy organic breakfasts, an initial Transformational Healing Session, Breathwork, Meditations, and Mindfulness Practices.

