



# Awaken Your Inner Oracle

Koufonisia, Greece

Optional Pre-Retreat Add-On

With Lina Berntsen and Brad Laughlin

October 6–14, 2020

Open only to participants in the [main retreat](#), October 14–25



A little bit of deep relaxation in Paradise is good for the soul and renews the spirit.

Please join us on the idyllic, quiet, little island of Koufonisia, where we will recover from our long journey and relax into the new time zone for one full week prior to the main retreat.

Koufonisia is a jewel in the heart of the Cyclades—the archetypal Greek islands with crystal-clear turquoise waters, gorgeous sandy beaches, dazzling light and charming blue and white architecture.

# Relax...

Our intention for the pre-retreat is simply to rest, relax, meditate, walk, swim, practice Sacred Heart Journaling, gather as a group and enjoy the enchanting village and its delicious, fresh cuisine.

There are no activities planned. In fact, the only activities on the tiny island are the ones mentioned above! So, the only plan is to focus on relaxation.

After all, relaxation is the foundation on which psychic development and the enlightenment of consciousness happen.

Deep rest and relaxation for one week on Koufonisia will be the ideal preparation for awakening our inner oracle at some of Greece's most ancient and sacred sites.

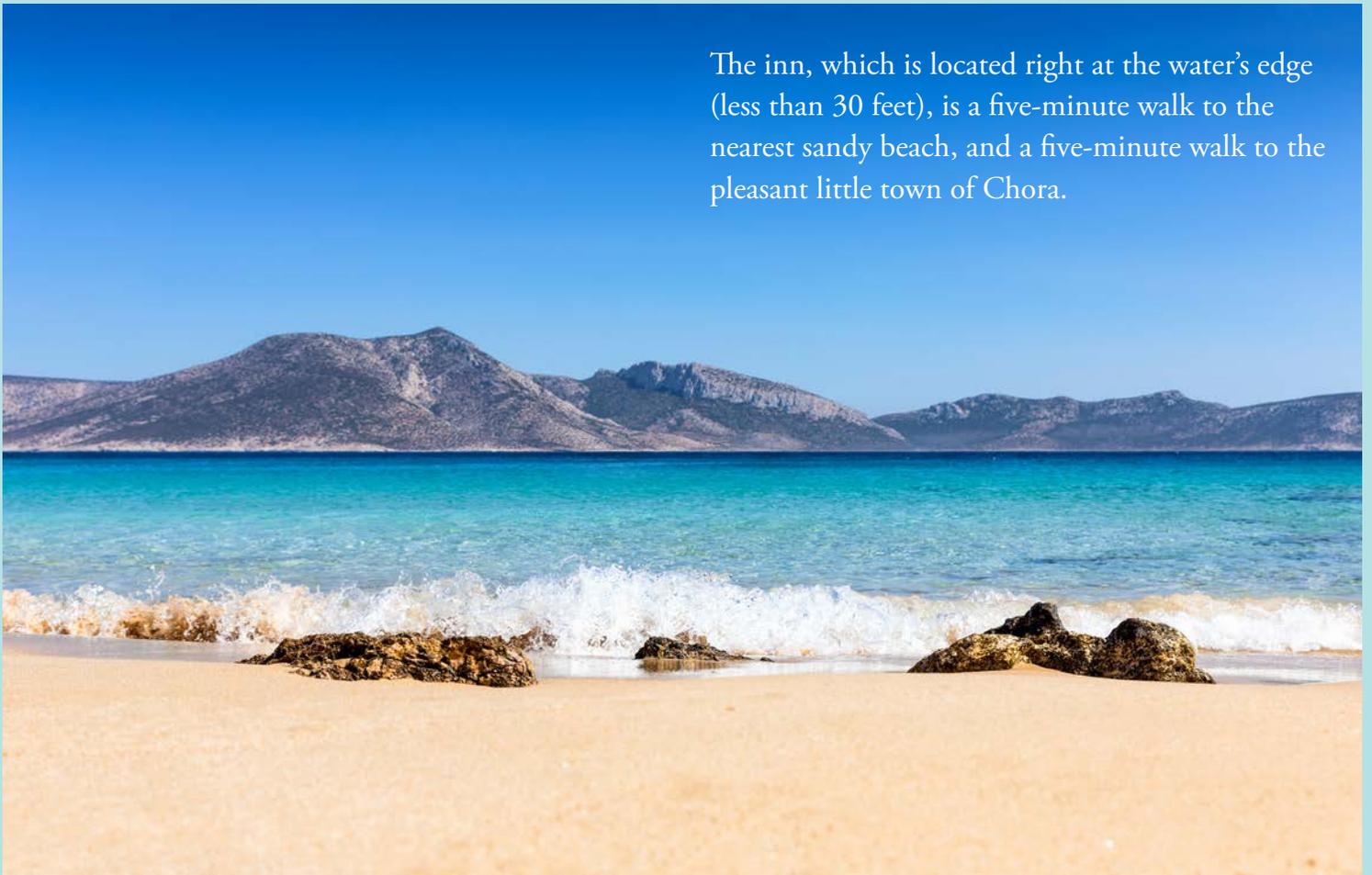


# More About Koufonisia



Koufonisia is a very tiny island with only 250 permanent residents, most of whom are fishermen, and a magical landscape.

Each room in our quaint, comfortable, seaside accommodation includes a private bathroom and veranda with sea view.



The inn, which is located right at the water's edge (less than 30 feet), is a five-minute walk to the nearest sandy beach, and a five-minute walk to the pleasant little town of Chora.

# A Note About Sacred Heart Journaling



We are delighted that our dear friend, Katherine Witteman, will teach Sacred Heart Journaling to our group as an optional retreat activity.

Inspired by divine guidance, Katherine developed Sacred Heart Journaling™—an intuitive, creative process that combines prayer, poetry, meditation, journaling, energy painting, and Intentional Creativity. Sacred Heart Journaling™ is a powerful way to align with our deep, inner wisdom and attune to the mystical, healing energy of sacred sites. We'll learn to paint energy and light and receive the divine information encoded within it. We'll discover and deepen techniques called soul writing and soul sketching.

Like all sacred pilgrimages, our journey to Greece is a divine appointment. The spirits of holy places remember us by heart and patiently await the promise of our return. They hold ancient wisdom, sacred messages, and healing medicine to accelerate our expansion and activate our soul purpose. Sacred Heart Journaling™ is a magical doorway that invites



us to connect with the sacred both within and without. This powerful portal allows us to awaken our inner oracle, as well as commune intimately with the energy of sacred sites.

Each day during our magical week on Koufonisia, we'll weave in relaxed time to nourish our artistic play-practice, spark creative inspiration, activate our deep heart-wisdom, and embrace our infallibly wise inner oracle.

We'll carry these invaluable skills with us throughout our amazing adventure, as well as throughout our lives. If we choose, we will have the wonderful opportunity to create glorious, hand-painted journals that hold the sacred energy and magical memories of our beautiful pilgrimage. What better way to cherish, honor, and remember our magnificent journey home to our radiant hearts?



**Katherine Witteman, M.A.** is a Mystic, Muse, Visionary Artist and Certified Intentional Creativity Teacher. She passionately guides her beloved students to the truth of their radiant light and innate divinity. With eternal optimism, compassion, and love, she inspires her students to awaken to their most vibrant, joyful, empowered lives. Katherine holds an MA in English Literature. An inspiring teacher for over twenty years, she can teach absolutely anyone to paint. Experience the transformational magic, healing power, and pure joy of intuitive painting, creative playshops, and life-changing travel adventures at [dancingheartart.com](http://dancingheartart.com).

# Tentative Itinerary

# A Note from Lina & Brad

*Some details may change depending on prevailing energies and other variables.*

## **Tuesday October 6**

Individual arrivals in Athens. Transfer to our hotel, savor a delicious dinner and get a good night's sleep. Overnight Athens.

## **Wednesday October 7**

After deep rest we board our ferry to the quiet, little island of Koufonisia. Settle in at our quaint, simple, comfortable seaside accommodation and begin our week of relaxation and energetic restoration.

## **Thursday–Tuesday October 8–13**

Sleep, rest, relax, meditate, walk, swim, journal, gather as a group and enjoy the enchanting village of Chora and its delicious, fresh cuisine.

## **Wednesday October 14**

Fully rested and deeply relaxed, we return by ferry to Athens, where we meet the rest of the group at our boutique hotel in the Plaka district. The main retreat begins. Overnight Athens and depart the following morning for our pilgrimage to the sacred, oracular sites of ancient Greece!



We offer this pre-retreat add-on as our gift to participants in the main retreat. The price of the pre-retreat is essentially at cost. We do this in the spirit of love and service. We see it as an opportunity to join together in community, to share in the beauty of the island and to experience joy and deep peace with you.

Thank you for joining us for this very special opportunity to become of one heart and one mind in preparation for the main retreat!

With all our love and gratitude,

*Lina & Brad*





## **Early-Bird Discount:**

If you register by February 2, the cost of the optional pre-retreat add-on is \$1,395 (double occupancy). The regular price (after February 2) is \$1,695.

## **The trip includes:**

All breakfasts, lodging and domestic transportation in Greece, except airport transfers.

## **The trip does not include:**

Lunches, dinners, airfare, transfers to/from Athens airport, Sacred Heart Journaling art supplies, and items such as laundry, phone calls, snacks and alcoholic beverages. You may expect to spend approximately \$400 on food for the week.

## **Single occupancy:**

Please add \$395 to the retreat cost.

## **Deposit:**

A non-refundable, non-transferable deposit of \$395 is required to reserve your space. Half the balance is due on April 30. The final balance is due on July 31.

## **Arrival:**

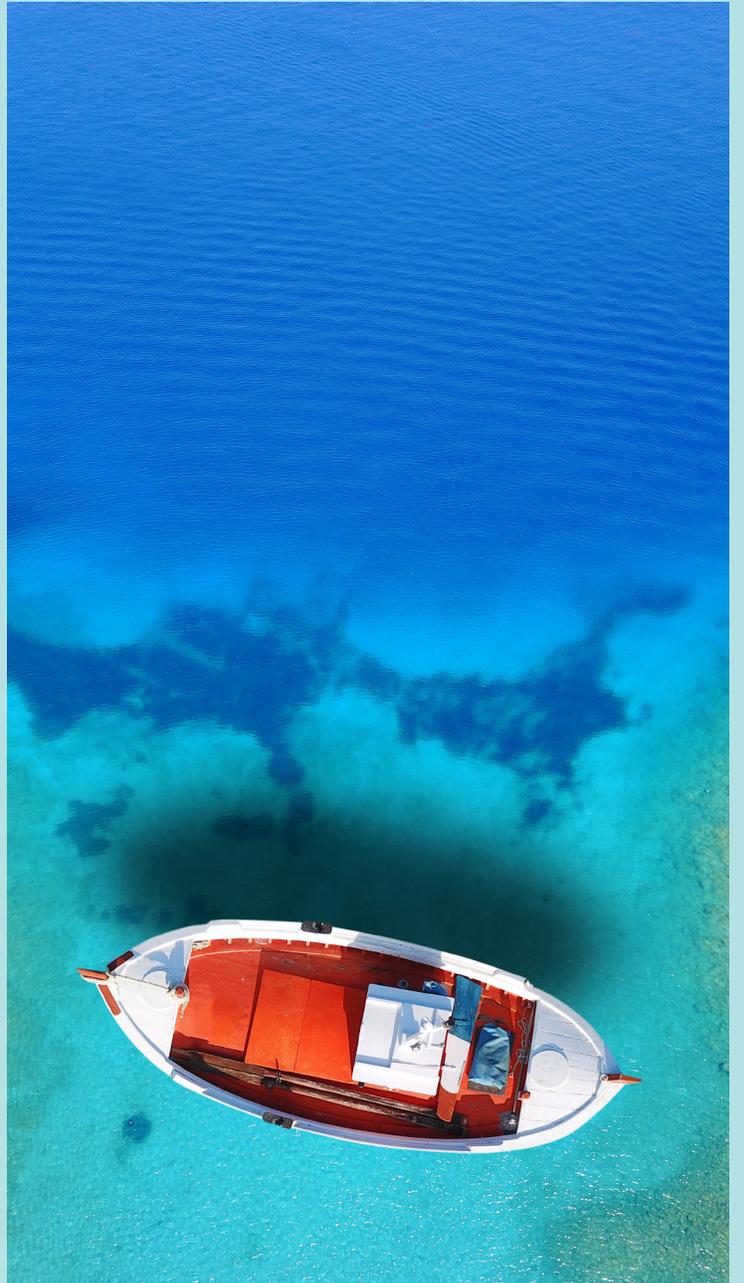
Please plan to arrive no later than Tuesday October 6, as we will depart for Koufonisia the following morning. If you would like to arrive earlier, this can easily be arranged via our dear friends at Inspiration Ventures, Katia and Maria Mavrelli.

## **Refund Policy:**

Our cancellation policy is that all monies paid are non-refundable. If we have to cancel due to what we perceive as conditions that would jeopardize the health or safety of our travelers, all money will be refunded or applied to a later journey. We have never had to cancel for these reasons in our 20-year history. We strongly recommend that you take out travel insurance in the event that you have to cancel your trip for any reason.

**Main Retreat:**  
**LEARN MORE**





# *Awaken Your Inner Oracle: Pre-Retreat to Koufonisia, Greece*

With Lina Berntsen and Brad Laughlin ♦ October 6 – 14, 2020

Name \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

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## **ROOMMATE SELECTION (*please choose one*)**

- Name of preferred roommate: \_\_\_\_\_  
(I have made a confirmed agreement with this person.)
- I do not have a preferred roommate; please choose one for me.
- I would like a single room (which is \$395 extra).

## **NON-REFUNDABLE DEPOSIT OF \$395 (USD)**

- Please charge the nonrefundable deposit of \$395 (USD) to my credit card below. Or contact Dhari Gray at [dhari@corelight.org](mailto:dhari@corelight.org) or (505) 424-8844 ext. 2.
- Please charge half my balance due to the credit card below on April 30, 2020 and the final balance due on July 31, 2020.

Name on card: \_\_\_\_\_

Your CC #: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Billing Address (City, State, Zip): \_\_\_\_\_

Signature \_\_\_\_\_ Date: \_\_\_\_\_

### **Please return this form to:**

CoreLight, 223 North Guadalupe Street # 275, Santa Fe, NM 87501-1850  
Phone: (505) 424-8844 ext. 2 / Fax: (505) 424-8848 / Email: [dhari@corelight.org](mailto:dhari@corelight.org)

# *Awaken Your Inner Oracle: Pre-Retreat to Koufonisia, Greece*

## Release Form

### PLEASE READ AND SIGN:

I \_\_\_\_\_, do hereby release CoreLight, Brad Laughlin, the CoreLight staff, Lina Berntsen and Journey Into the Heart, from any injury or damage which I may sustain during the retreat, *Awaken Your Inner Oracle, Pre-Retreat to Koufonisia, Greece, October 6 – 14, 2020*. The right is reserved to alter the itinerary or to cancel the tour prior to departure. In the event that this trip is cancelled, liability will be limited to a refund of all payments received. The right is reserved to decline to accept or retain any person at any time should such person's health, mental condition, physical infirmity or general deportment impede the welfare and enjoyment of other participants. Any physical disability requiring special attention or treatment must be reported when this registration is presented. We recommend the purchase of travel accident insurance, baggage insurance and trip cancellation insurance.

This optional pre-retreat add-on to Koufonisia is available only to participants in the main retreat. Please complete the application form in the main retreat brochure in addition to this one.

I have completed the application and release forms in the main brochure.

Please add me to CoreLight's email list if I am not already on it.

**AFTER WE RECEIVE YOUR APPLICATION AND DEPOSIT:** Upon acceptance, we will send you further logistical information. To attend, you will be required to purchase travel medical insurance, including medical-evacuation ("med-evac") insurance with a minimum deductible of \$100,000, which costs approximately \$100.

**REFUND POLICY:** Our cancellation policy is that all monies paid are non-refundable. If we have to cancel due to what we perceive as conditions that would jeopardize the health or safety of our travelers, all money will be refunded or applied to a later journey. We have never had to cancel for these reasons in our 20-year history. We strongly recommend that you take out travel insurance in the event that you have to cancel your trip for any reason.

I have read the above and agree to the terms and conditions as stated.

Signed: \_\_\_\_\_ Dated: \_\_\_\_\_

Please complete the following in case of emergency:

Contact Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Phone numbers: \_\_\_\_\_

Physician: \_\_\_\_\_ Physician's Ph. #: \_\_\_\_\_

Are there any health conditions (heart disease, diabetes, etc.) that we should know about? If yes, please describe:

### Please return this form to:

CoreLight, 223 North Guadalupe Street # 275, Santa Fe, NM 87501-1850  
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