

Soul Goal & The Inner Kiss

A Spirit Restoration Retreat

With Ava Lowe



*There may come a time
When you fee the need
For time and space
To take a good deep look
At yourself and your life...*

*It's time to Feed Your Soul!
and*

- * Experience truly giving back to yourself*
- * Nourish the Inner Aspects and gently care for the Outer You*
- * Eleven days in a purely supportive and nurturing space*

Ava has a rare presence that is healing in itself. I felt treasured and deeply nourished by those magical days in Crestone and my life is moving much more strongly in a new direction since then. What a joy to find this kind of support! Jessica Ryder ~ Performing Artist and Soul Goal Retreat Guest



*Big & Spacious
Inspirationally Creative
Vibrantly Still*

Your Soul Goal Retreat is the perfect place to

- * Slow down & discover what your body, heart & spirit need*
- * Soothe and nourish your nervous system with deliciously healthy, healing treatments*
- * Recognize what isn't working in your life*
- * Determine the actions you need for positive forward movement*



*Your retreat is tailored to your individual needs, and includes extensive personalized sessions with Ava from Soul Goal ~
The Inner Kiss Program*



You will also enjoy

- * Daily meditation & gratitude sessions*
- * Yoga, walks and/or mountain hikes*
- * Healthy cuisine & fresh juices*
- * 15 minute daily pressure point and essential oil treatments*
- * Massages & lavish pampering sessions that end with a luxurious bath*
- * Creative play with journal making or vision boards*
- * Time to explore Crestone*



The very thought of a retreat with Ava makes the insides bubble and tingle with possibility. As long as it has been since I've seen her, the heart remembers feeling seen and known in an often untouched place that is willing to name its own beauty. I imagine that in 11 days with Ava even the roughest chunk of carbon would find itself sparkling in diamond radiance. ~ PL Marienthal



Do you feel a need to get away & make a fresh start?

Kids left the nest? Changed a relationship or career? Experienced a loss? Looking to upgrade your way of being in life?

Every once in awhile we need an inner retreat to plan a strategy of fulfillment and demonstrate accountability ~ especially if things have begun to feel difficult, mundane and irritating. We simply need to touch base with who we really are.

It's time for a Souliday! That's like taking a luscious holiday to The Soul of What Matters. It's an occasion where you take the time, and have the perfect excuse, for healing, nurturing and reflection on your hearts desires.

It's important to make the time and face the places that are uncomfortable and not working in your life. Taking a Souliday is a time to make room for the new after clearing out the old. And just like being on a holiday when you gorge yourself with all that yummy food, well, same here, except it's Food for the Soul! You're taking a great big ol' bite into your depths, swallowing a huge dose of clarity, then finding wonderful nourishment and spiritual and emotional fuel. Like taking Spirit vitamins ~ you do it, simply because it makes you feel better about yourself.

Take a Soulbatical

A Soulbatical is about becoming naked to yourself - not putting on some new shiny garment. It's about who you are and not what you think you should be. That means starting at your point of dysfunction. When you're in appreciation for what you are/who you are ~ that's one of your finer moments.

Then, make this the time and place to wrap your energy around your dreams, examine your belief system and behavioral patterns and discover new approaches towards self-care and nurturing for the mind, body and spirit. Take the time to flourish in a loving environment. Discover your Soul's Goal ~ The Inner Kiss!

If you do not change direction you will end up where you are going.
~ Lao Tau

Nothing will work unless you do.
~ Maya Angelou

Soul Goal ~ The Inner Kiss

Soul Goal - The Inner Kiss is about creating a loving and nourishing relating with yourself. It's delving into an everyday practice shaped to your individual needs in order to purify and bring balance to mind, body, spirit and emotions. It's an opportunity to give back to yourself for all you put out.

You'll find the support to explore, make space and have gratitude for your uniqueness. The measure in which you energetically engage in thoughtful intent, open~hearted honesty and having a dash of courage is the degree in which your eyes are opened to seeing yourself clearly. This is where a sense of love and appreciation, presence, openness, fun, beauty, movement, possibility, etc. resides.

Discovering these qualities weaves them into the fabric of your being. With your focus in this direction, you can't help but feel more vitality, mental & emotional well-being and radiance. But beware! This course is not for the feint of heart. Simple questions may open great insights ~ which can bring on big change.

Habits are human nature ~ why not create some that mint gold? ~ Rumi



*Crestone is one of the two or three places on Planet Earth
best suited for retreat practice.*

~ Khenpo Tsultrim Gyamtso Rinpoche



At 8500 feet elevation, Crestone, Colorado is simply beautiful! It has become internationally known as a locus for a large number of religious and spiritual traditions. Many spiritual leaders have remarked upon what they perceive as special qualities of the area. The name of the nearby Sangre de Cristo (Blood of Christ) mountains is one indication of the early impression the area made on settlers. Crestone, population 1500, where the deer and the antelope play, is most famed for it's incredible, expansive beauty and it's wonderful hikes and nature walks through the ten 14,000 ft. mountains. There are three hot springs 30-45 minutes away.



The venue on Talisman Trail is a perfect place and an ideal space to soak up the peace & quiet and let go. My home is a very unique, lovely, incredibly open and spacious DOME HOME. Yes, I live in a round house! It is two monolithic domes connected with a 30 foot by 14 foot enclosed "breezeway". When people stay, they always comment about the beauty, quietude and healing vibes and how inspired they get when they are here. As you lie in bed in the master suite gazing out the round window, staring at the stars, you may begin to feel very grateful for this inner and outer piece of paradise you have given to yourself. Cost \$2600 (payment plans available before retreat.) Includes 2 follow up coaching calls. Extensive questionnaire to be completed 3 weeks prior to retreat.



Ava traveled the world for 13 years organizing the tour of renowned public speaker and author, Paul Lowe. She's participated in 100's of trainings and has worked with 1000's of people. Her specialty is her insight into behavioral patterning. She is currently writing her third book.

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Take time out to have time in. ~ Tara Guber