



About Molly

A TRUSTED & EXPERIENCED HEALER

Molly McMillan, OTR/L, is the founder and owner of Monadnock Myofascial Release and has been practicing the art of healing for over 30 years as an Occupational Therapist using the John F. Barnes, P.T. Myofascial Release Approach, and now teaches nationwide for MFR Seminars.

Molly has studied and practiced Shamanic Healing for over 15 years specializing in Soul Retrieval.

This power retrieval workshop has its roots in the soul retrieval process, but adds elements that Molly has found make the work more accessible to people in our time using sound, group process and myofascial movement.

www.powerretrievalretreats.com



CONTACT

REGISTRATION OR QUESTIONS?

✉ molly@monadnockmfr.com

☎ 603-355-MMFR

🌐 www.powerretrievalretreats.com

This workshop is for anyone on a spiritual journey, who longs for ways to connect more deeply to the inner self, the spirit world, and a community of like-minded people.



POWER Retrieval Retreats

with Molly McMillan

SEPTEMBER
8TH-10TH, 2023
AT RIVERMEDE IN YORK, ME

www.powerretrievalretreats.com



THE EXPERIENCE

RETRIEVE YOUR VITAL ESSENCE

Throughout our lives we all have given our power away or had it taken from us. Loss of this power, also known as soul essence, chi or prana can cause illness, depression, and feeling disconnected from ourselves or others.

During this weekend workshop, Molly will expertly guide you in reclaiming this power, also known as chi, prana or soul essence using shamanic ceremony, fascial movement and journeying. She is masterful at holding space, and creating a safe and supportive community environment. Living with this power means being in the flow of life; it means experiencing your wholeness, vitality, and wellness. Join us, and re-discover the power that is your birthright!

SEPTEMBER 8-10, 2023

7PM ON FRIDAY THROUGH 2PM ON SUNDAY

INVESTMENT: \$400 PP AND UP

COST INCLUDES ALL ACCOMMODATIONS
AND MEALS SATURDAY AND SUNDAY

ask about early-bird discounts
Repeat retreat guests receive \$50 off

A'ho mitakuye oyasin!

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"Before attending the Power Retrieval workshop, I suffered from fibromyalgia, endometriosis, asthma, and allergies. I was taking many medications and suffering greatly. Now, I am off all my medications, my doctor confirmed there is no more allergy, and I feel great! Thank you for changing my life."

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Donia Yousry



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“After the Power Retrieval, I started to feel very independent, stronger, and much more whole. I now feel like I am so much more comfortable being who I really am. I have participated in spiritual work before, but the work that I have done with you has been so life altering for me it's just incredible. Thank you!!!!”

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Sophia Plagiannokos



LOCATION

Rivermede, York, ME

Rivermede retreat center is a lovingly re-made historical farmhouse atop 17 acres of land with amazing views of and access to the York River. And, is minutes away from York beach.

