

About
Molly McMillan
an experienced retreat leader



Molly McMillan is the founder of Monadnock Myofascial Release, PLLC in Keene, NH and Power Retrieval Retreats internationally. She is an expert practitioner of myofascial release with over 30 years experience, and she teaches this modality internationally. She has been practicing shamanism for over 20 years, specializing in Soul Retrieval. She created this retreat format 10 years ago in order to combine these two powerful and life transforming modalities.

www.powerretrievalretreats.com



CONTACT

REGISTRATION OR QUESTIONS?

✉ info@powerretrievalretreats.com

☎ (603) 355-6637

🌐 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

AUGUST

28th - 30th

Creative Spirit Studios

Marblehead, MA

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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 doctors confirms there is no more allergy, and I feel great! Thank you for changing my life.

- Donia Yousry

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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 using shamanic ceremony, fascial movement, and journeying. Molly 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!

AUGUST 28 - 30 2026

7 PM ON FRIDAY - 3 PM ON SUNDAY

Extra activities may be added the Friday before and Sunday after the retreat.

INVESTMENT: \$675 USD

Food and Lodging not included

Ask about early-bird discounts

Repeat retreat guests receive \$50 off



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After the Power Retrieval, I started to feel very independant, 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!!!!

- Sophia Plagiannokos

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LOCATION

Creative Spirit Studios

A welcoming space designed for healing work and creative exploration, Creative Spirit Studios is tucked into the historic coastal town of Marblehead, MA. The studio offers a calm, intimate atmosphere for our journey together. It's filled with warm light, thoughtful energy, and room to gather.

Outside, you'll be surrounded by ocean views, sailboats drifting across the harbor, rocky shorelines dotted with clover, and the silhouette of the lighthouse at sunset. The landscape offers a chance to slow down and listen inward.



A'ho mitakute oyasin!