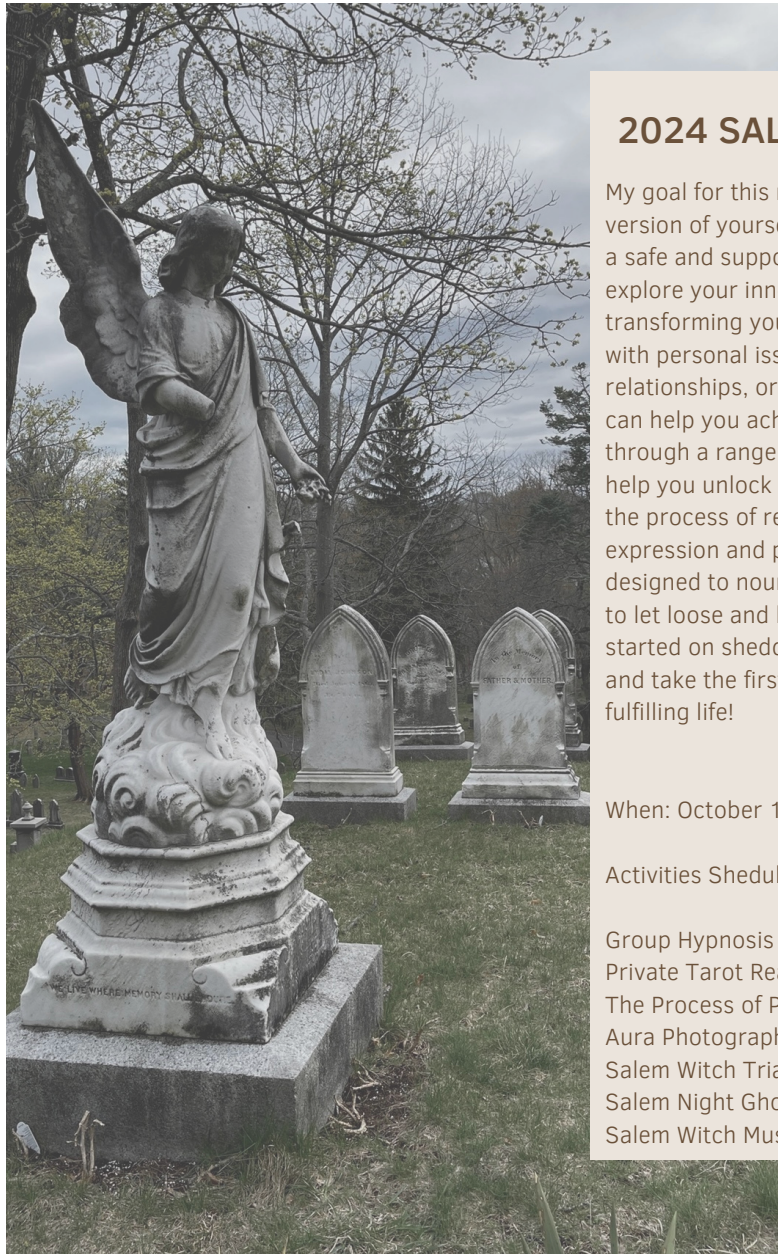


SALEM REREAT



2024 SALEM RETREAT

My goal for this retreat is help you discover a new version of yourself. This retreat is designed to provide a safe and supportive environment where you can explore your inner self and work towards transforming your life. Whether you are struggling with personal issues, looking to improve your relationships, or seeking a career change, this retreat can help you achieve your goals. You will be guided through a range of activities and workshops that will help you unlock your full potential. From hypnosis to the process of reinventing yourself and other creative expression and physical activities, my retreat is designed to nourish your mind, body, and spirit and to let loose and have fun. Join me in Salem and get started on shedding what is no longer serving you and take the first step towards a happier, more fulfilling life!

When: October 17, 2024- October 19, 2024

Activities Sheduled:

- Group Hypnosis
- Private Tarot Reading with Stef
- The Process of Personal Reinvention Workshop
- Aura Photography
- Salem Witch Trials Historical Walking Tour
- Salem Night Ghost Tour
- Salem Witch Museum





ITINERARY

October 17th, 2024; Thursday:

Arrival Day.

The Process of Personal Reinvention Workshop
Group Hypnosis
Mini Psychic Group Reading
Optional Group Dinner

October 18th, 2023; Friday:

Salem Witch Museum
Salem Witch Trials Historical Walking Tour
Aura Photography
Explore shops on Essex Street
Break to roam around and have dinner
Salem Night Ghost Tour

October 19th, 2023; Saturday:

Reflections over Breakfast/Coffee
Gratitude and Closing Ceremony

***ITINERARY MAY CHANGE DUE TO TOUR SCHEDULING ***



Investment:

Pay in Full \$999.00

Payment Plans Available

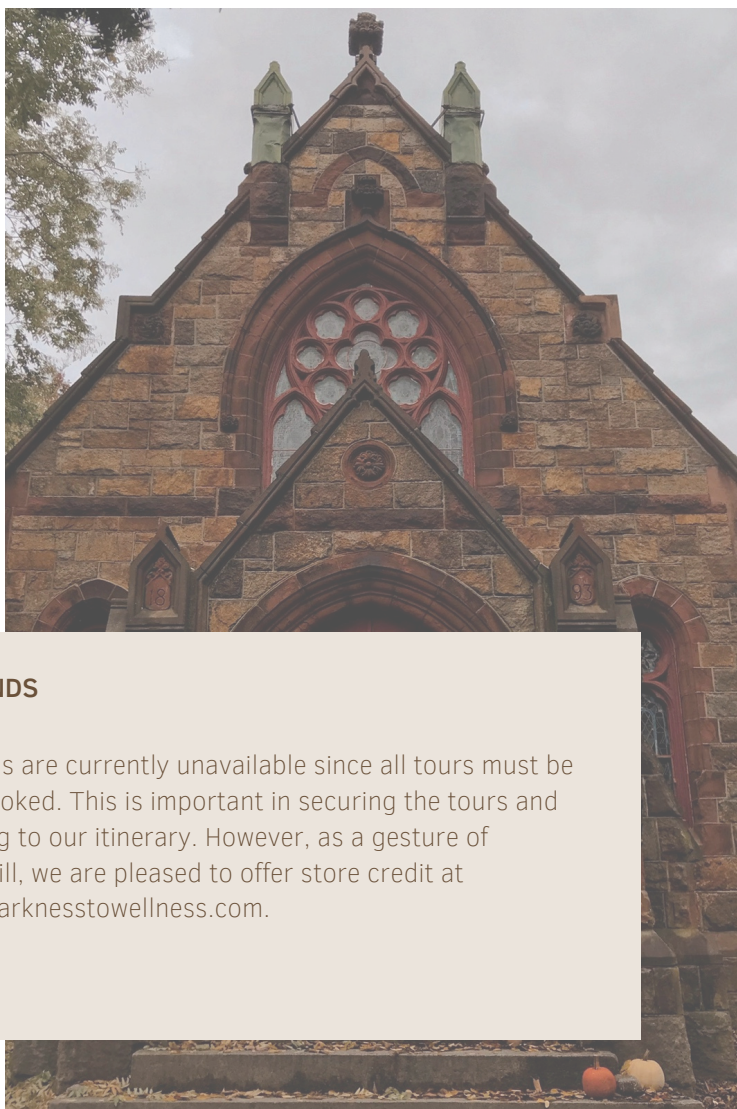
*If you need to extend your payment option, please reach out via email to darknesstowellness@gmail.com

Room and Board:

There are numerous lodging options in Salem, including hotels and Airbnb rentals. To help you choose, I have compiled a list of hotels with varying prices that are conveniently located within walking distance of our scheduled activities. My goal is to keep the overall cost of the retreat under \$1,000, given that most retreats are priced above this range. You are free to choose the option that suits your preferences and financial situation best. Some attendees may prefer Airbnb rentals, while others may prefer hotels or vacation homes. The choice is yours, and your comfort is our top priority.

Food:

Food is not part of the package, but there are several affordable restaurants in Salem to choose from. Due to varying dietary requirements, individuals are encouraged to plan their meals accordingly, either by purchasing from local restaurants or preparing them themselves. While dinners with gluten-free, vegetarian and vegan options will be suggested, they are not obligatory, but rather an opportunity for bonding and amusement. If you prefer to cook your own meals, there are grocery stores located along the route prior to entering Salem. Ultimately, whatever makes you feel comfortable is the best approach.



REFUNDS

Refunds are currently unavailable since all tours must be pre-booked. This is important in securing the tours and sticking to our itinerary. However, as a gesture of goodwill, we are pleased to offer store credit at www.darknesstowellness.com.



TOURS AND SCHEDULED ACTIVITIES



Salem Witch Trials Historical Walking Tour

1. Haunted Footsteps & Salem Historical Tours Examine the demographics, theories and personal stories comprising the dire events of 1692. We will bring you to many of the locations that are full of witch trial history. Many of the structures are long since gone except for a few, but we know where they were located. This is a fascinating tour that will shed new light on what happened during the infamous witchcraft hysteria which turned neighbor against neighbor.
2. Salem Witch Trials Memorial. Dedicated in 1992, this bench style memorial is in remembrance for the 20 innocent victims of the 1692 Salem Witchcraft Trials 15 minutes • Admission Ticket Free
3. Rockafellas: Now a popular restaurant located in the center of historic Salem, Rockafellas or the Daniel Low and Co. building was the original site of the First Church of Salem, as well as the city meeting house in 1692
4. Joshua Ward House: Now the Merchant Hotel this is the site where George Corwin's house once stood. He was the High Sheriff of Essex County in 1692, as such, responsible for signing arrest and execution warrants of the innocent victims of the trials.
5. Witch House: The only remaining Salem structure with direct ties to the witch trials of 1692.

The Salem Night Tour

Salem Night Tour Take a spooky stroll through downtown Salem, Massachusetts on this haunt and history, night walking tour. Join the adventure Friday and Saturday at 8pm or Sunday through Thursday at 6pm. Starting April 1st, we will be running every night at 8pm! Licensed guides lead the way through legends, history, and the infamous hysteria of 1692 — the Salem Witch Trials. This is a walking tour of historic downtown Salem that lasts about 90 minutes. Hear amazing stories of Salem's past and discover why Salem is one of the most beloved, historic, and haunted towns in America. The route goes at a comfortable pace, rain or shine.

1. Salem Witch Trials Memorial

Salem Witch Trials memorial featuring a series of inscribed stones throughout the burial ground.

2. Salem Old Town Hall

guests will hear about Salem's movie history and see one of the iconic filming locations of the movie Hocus Pocus

3. Old Burying Point Cemetery

Pass by the cemetery and look into it from the gates as you hear about Salem's most spooky ghosts

4. Saint Peter's Episcopal Church enter the back garden area of one of Salem's oldest churches, and walk on the unmarked Puritan graves beneath as you hear about the dark history and ghost stories associated with the Salem Witch Trials of 1692.

5. Essex Street Pedestrian Mall (Pass By)

Pass through the epicenter of historic Salem filled with shopping, sightseeing and history.

The Salem Witch Museum

The Salem Witch Museum is a museum in Salem, MA about the Witch Trials of 1692. The museum is based on the actual documents of the trials.

The Process of Personal Reinvention Workshop

Reinventing yourself can be a daunting task, but it can also be incredibly rewarding. Whether you're looking to change careers, improve your skills, or simply become a better version of yourself, a workshop focused on the process of reinvention can be an excellent place to start.

In this workshop, you'll have the opportunity to gain valuable insights into the steps you can take to identify your strengths and weaknesses, set achievable goals, and develop a plan for success.

One of the keys to successful reinvention is to be open to new experiences and perspectives. This workshop can help you expand your horizons, challenge your assumptions, and explore new possibilities.

Group Hypnosis

Group hypnosis is a type of hypnotherapy that involves inducing a trance-like state in a group of people. This is typically done by a trained hypnotherapist who uses guided relaxation techniques to help the participants enter a state of heightened suggestibility. Once in this state, the hypnotherapist can suggest positive changes to the group's behavior or thought patterns.

During the workshop, we will explore the power of the mind and how it can be harnessed through hypnosis to achieve personal growth and transformation. We will cover the basics of hypnosis, including how it works and what to expect during a session.

Through a series of guided exercises, participants will have the opportunity to experience hypnosis firsthand and discover the many benefits it can offer. We will also discuss common misconceptions about hypnosis and address any concerns or questions that arise.

Whether you are new to hypnosis or have previous experience with it, this workshop is designed to provide a safe and supportive environment for personal exploration and growth. Together, we will tap into the power of the mind and unlock its full potential.