

Your Story is *Your Portal*



# Story Medicine Writing Retreat

Every life contains stories waiting to be remembered, witnessed, understood, and shared.

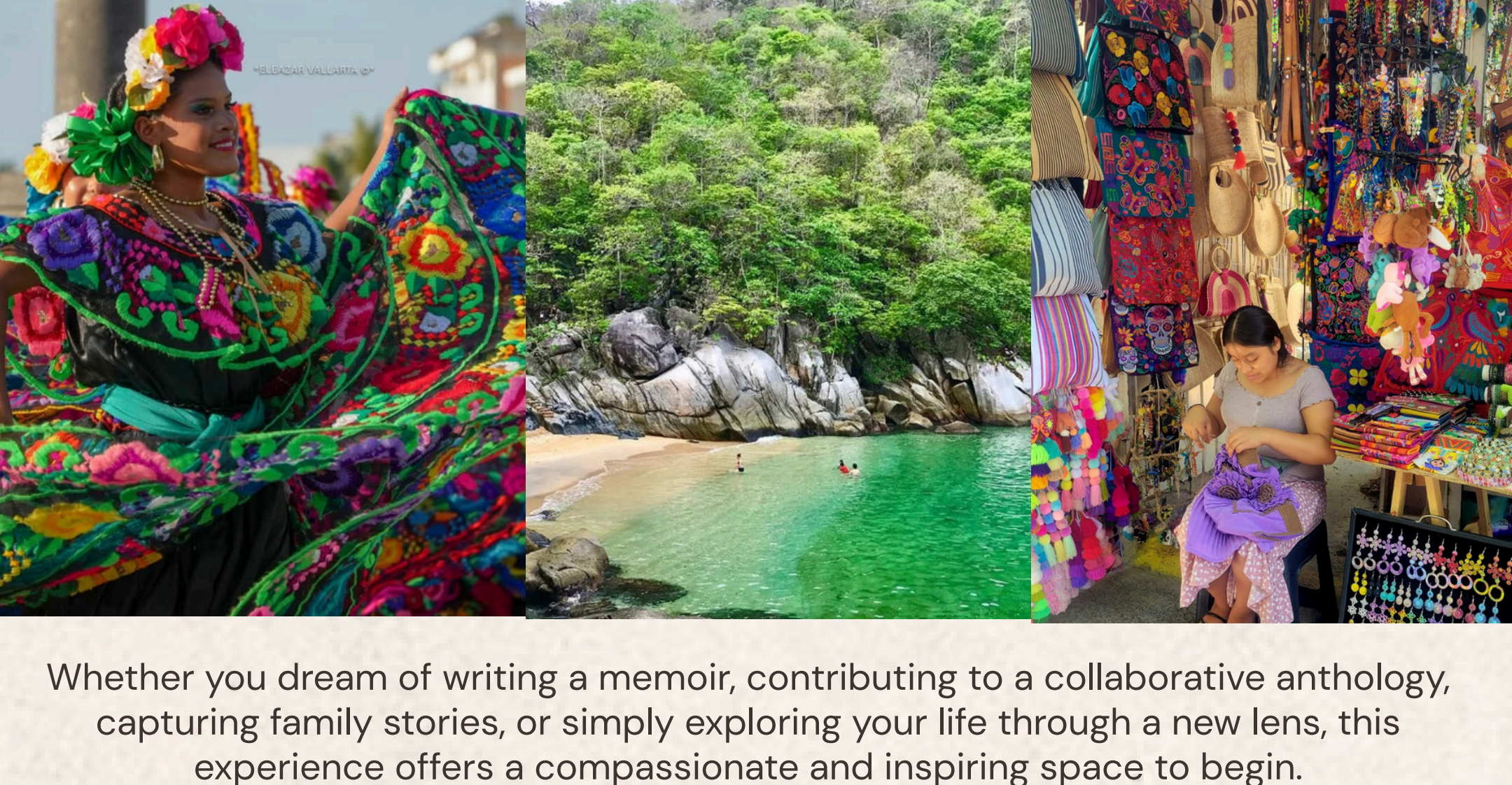


## The Heart of Our Retreat

Set within the beauty of Puerto Vallarta and the sacred rhythm of Mexico, this retreat invites women to slow down, reflect, reconnect with their life experiences, and discover the stories that have shaped who they are becoming.

MEMORY → REFLECTION → CREATIVITY  
→ HEALING → TRANSFORMATION

## Experiences That Transform



Whether you dream of writing a memoir, contributing to a collaborative anthology, capturing family stories, or simply exploring your life through a new lens, this experience offers a compassionate and inspiring space to begin.

## 7 Day Story Medicine Journey

## Retreat Highlights

Day 1 • Monday, November 16

Arrival & Grounding  
Element: Earth

Arrive, settle, exhale, and enter a slower rhythm.

- Artisan and cultural experiences
- Story Medicine reflection
- Book of Witnessing completion
- Sacred Water cleansing
- Sunset dinners
- Celebration and Ceremony



Day 2 • Tuesday, November 17

Your Story Is Your Portal  
Element: Air

Together we begin exploring the moments, memories, turning points, and experiences that have shaped our lives.

Day 3 • Wednesday, November 18

Opening the Heart of the Story  
Element: Spirit

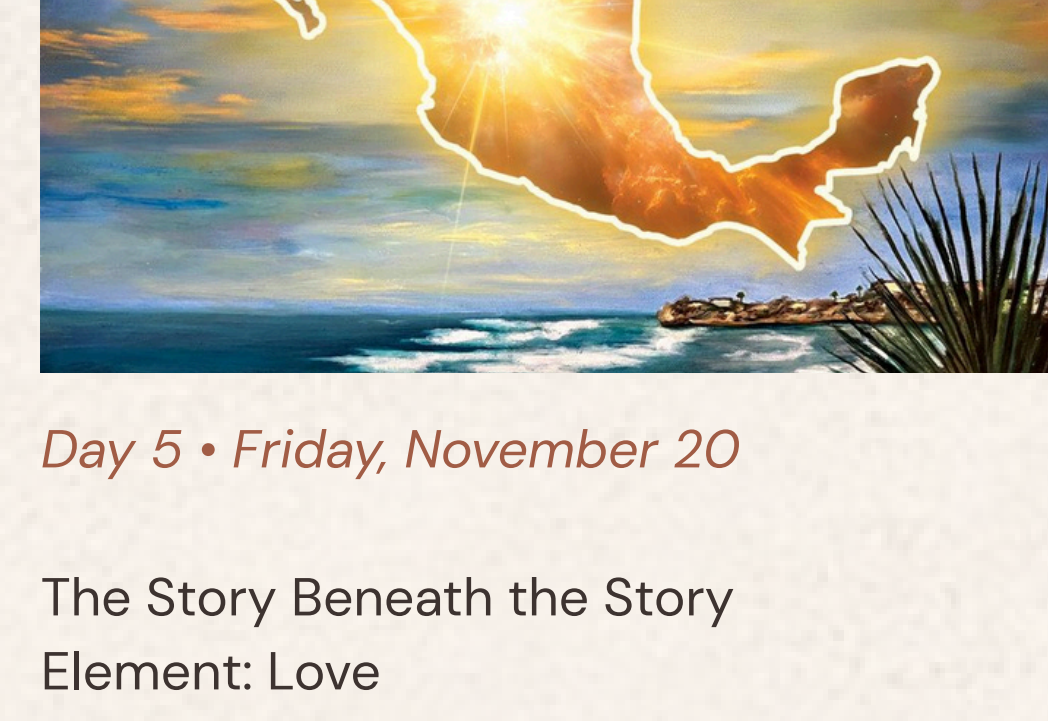
A day devoted to opening the heart and deepening connection with the stories that most want to be told.



Day 4 • Thursday, November 19

Sacred Waters & Creative Flow  
Element: Water

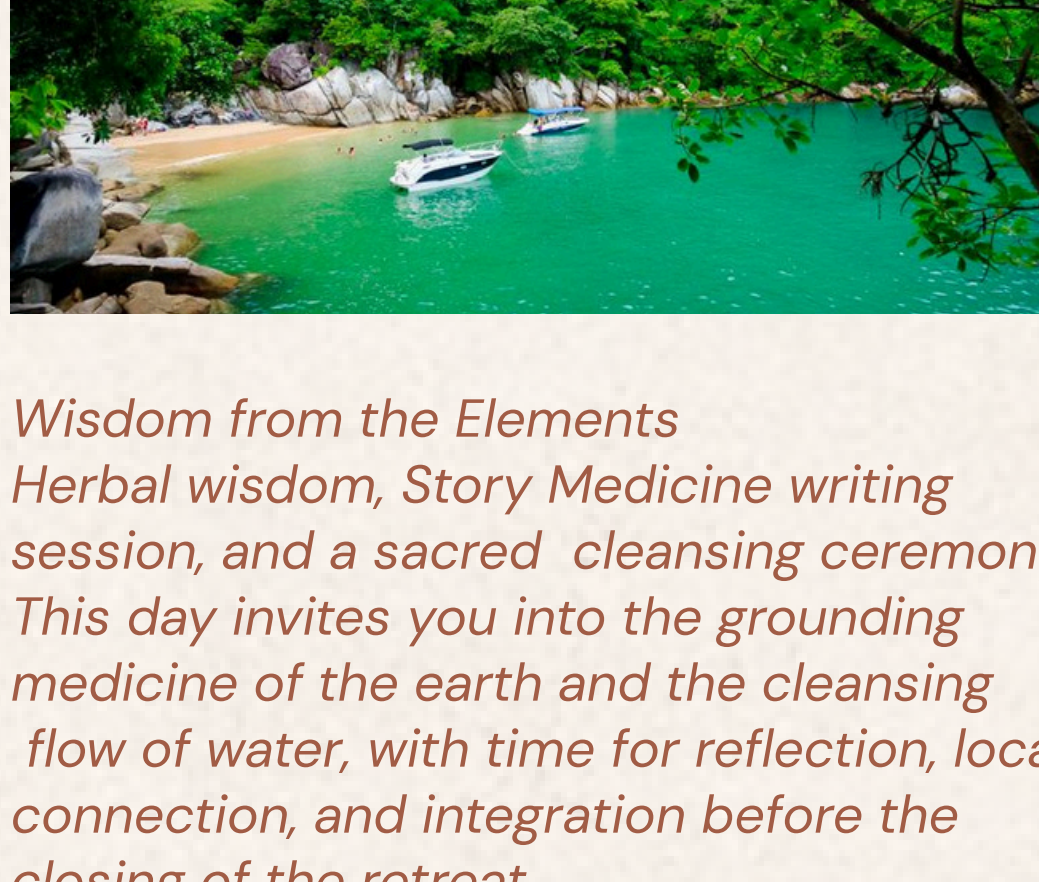
A full day devoted to inspiration, beauty, and creative renewal.



Day 5 • Friday, November 20

The Story Beneath the Story  
Element: Love

This day invites participants to explore the deeper meaning beneath their experiences.



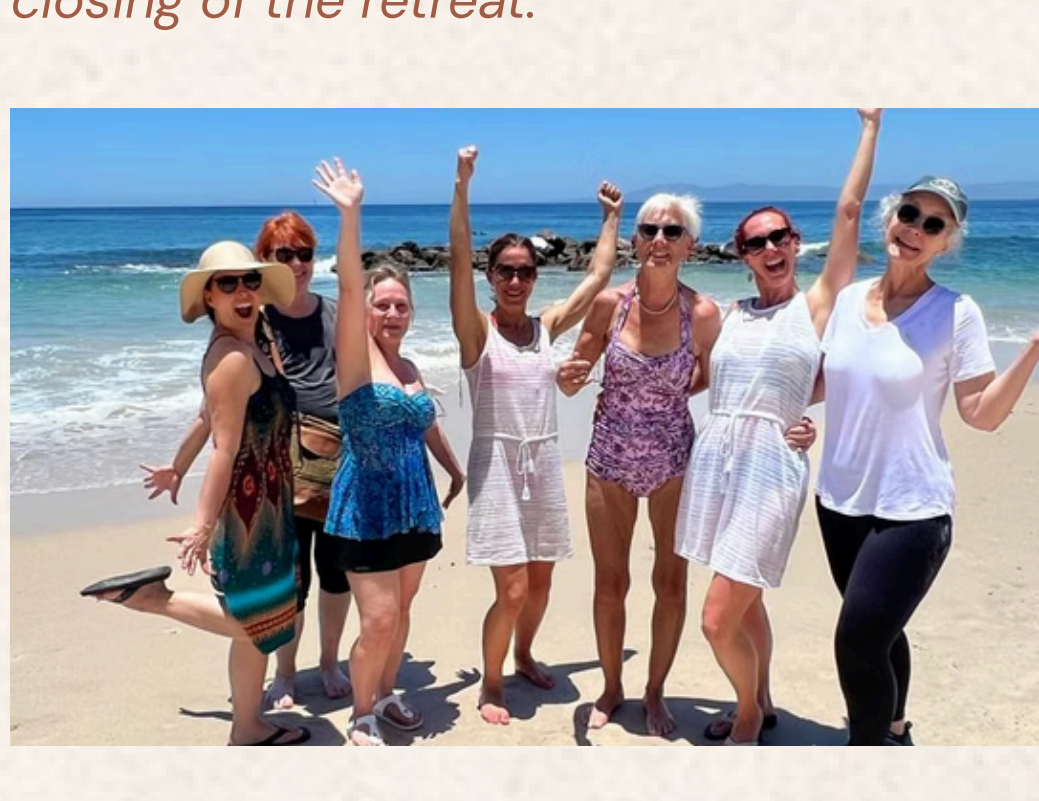
Wisdom from the Elements  
Herbal wisdom, Story Medicine writing session, and a sacred cleansing ceremony.

This day invites you into the grounding medicine of the earth and the cleansing flow of water, with time for reflection, local connection, and integration before the closing of the retreat.

Day 7 • Sunday, November 22

Carrying the Story Forward  
Integration

Our final morning is devoted to honoring the stories that emerged throughout the retreat and exploring the possibilities they may hold.



## The Book of Witnessing



Throughout the retreat, women are invited to contribute stories, reflections, poems, memories, photographs, artwork, letters, and personal insights into our collective Book of Witnessing.

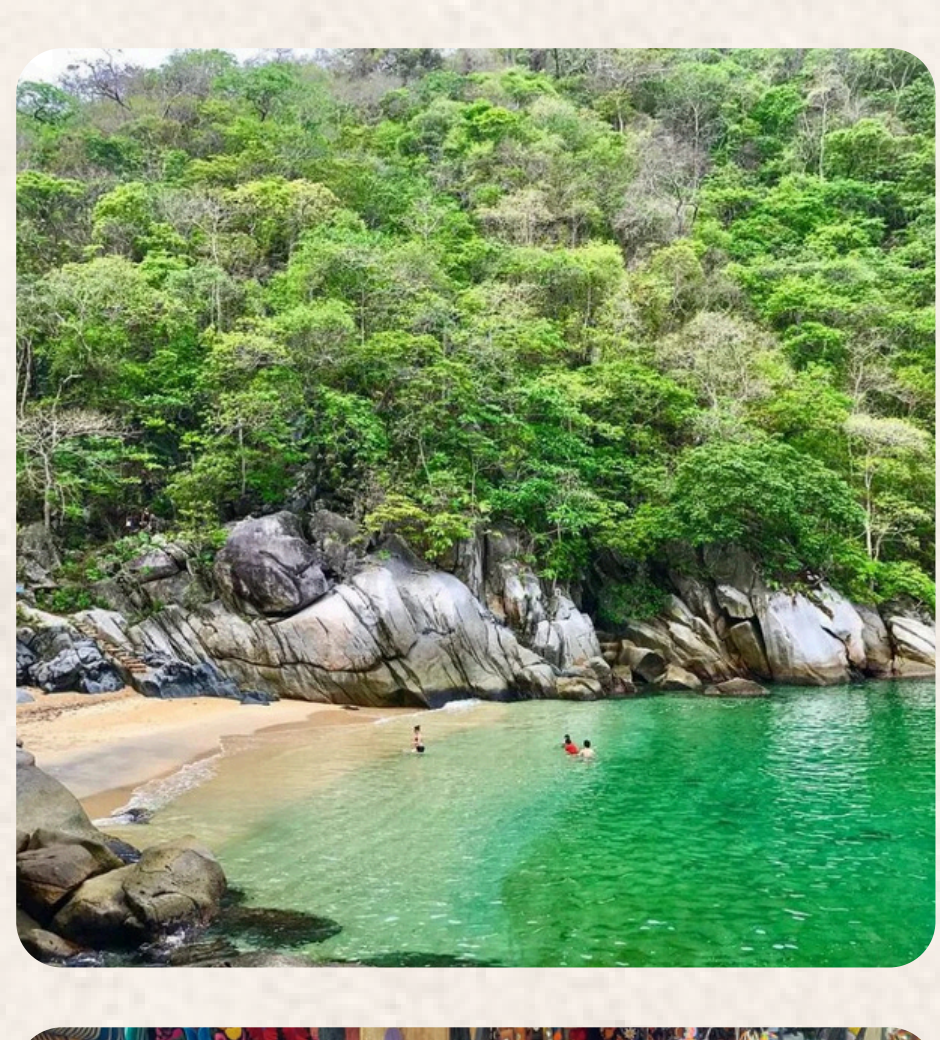
By the end of the week, the journal becomes a living record of the shared experience.

For some participants, these writings may become the seeds of a personal memoir, collaborative anthology, family legacy project, or future publication.

Throughout the week, women contribute to our collective Book of Witnessing — a living journal of stories, reflections, insights, poetry, memories, and moments of inspiration.

For some, this retreat may become the beginning of a book. For others, it may become the beginning of a new relationship with their own story.

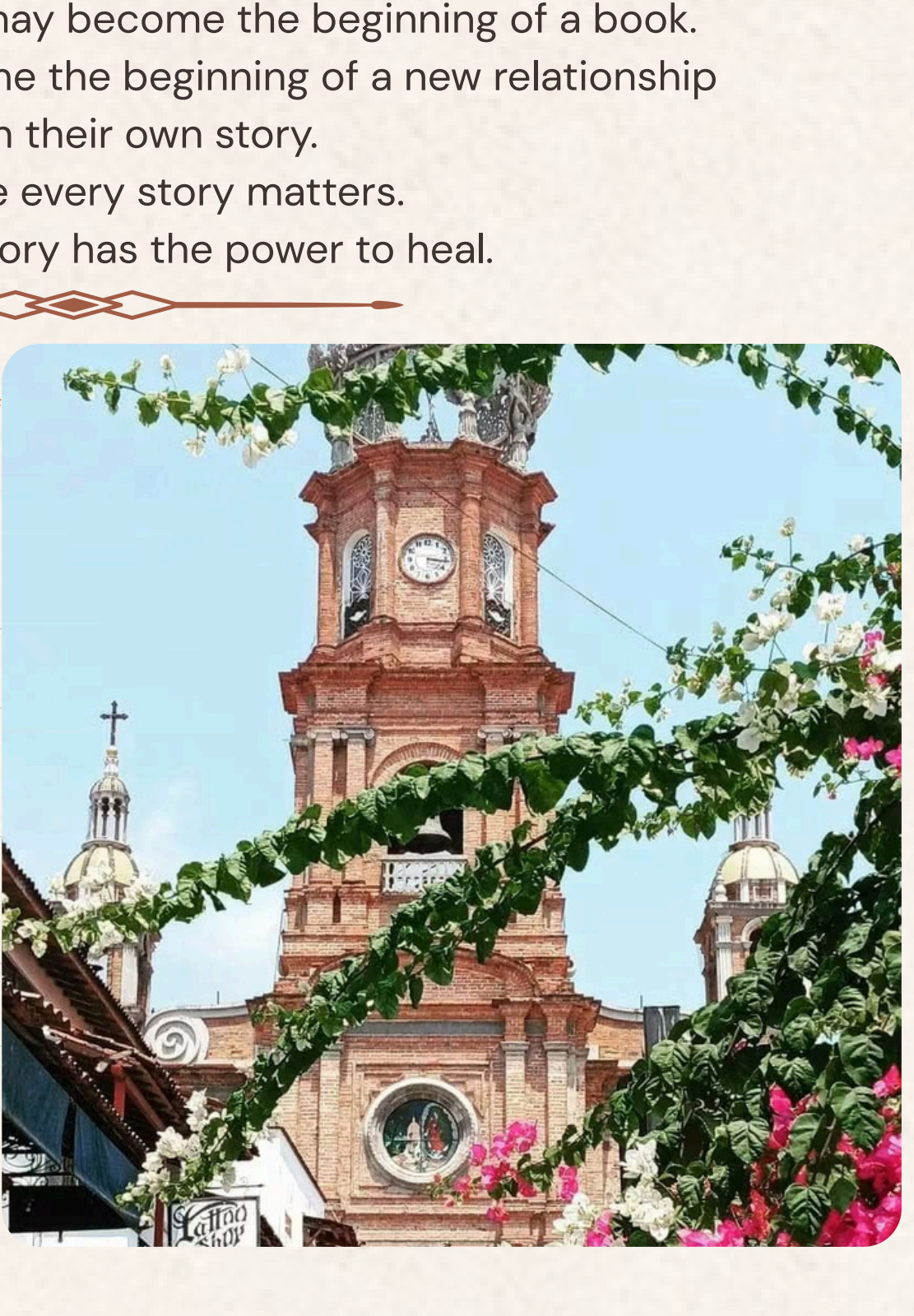
Because every story matters.  
And every story has the power to heal.



## Optional Experiences

Available before or after the retreat:

- Seasonal whale watching (November–March)
- Artisan Creative workshops
- Art Walk Puerto Vallarta
- Private photography sessions
- Massage and wellness treatments
- Additional beach and nature excursions



# Your Story Is Waiting

Book your discovery call to talk to Julie Ann  
<https://calendly.com/casadeinfluencia/60mi>

EARLY BIRD SPECIAL ONLY \$1495 USD  
BOOK BY JULY 25<sup>TH</sup> LAUNCH SPECIAL  
OR 4 PAYMENTS OF \$495 USD  
BEFORE AUG 1<sup>ST</sup>  
AFTER AUG 1<sup>ST</sup> \$2495 USD