



## 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.MONADNOCKMFR.COM](http://WWW.MONADNOCKMFR.COM)



## Contact

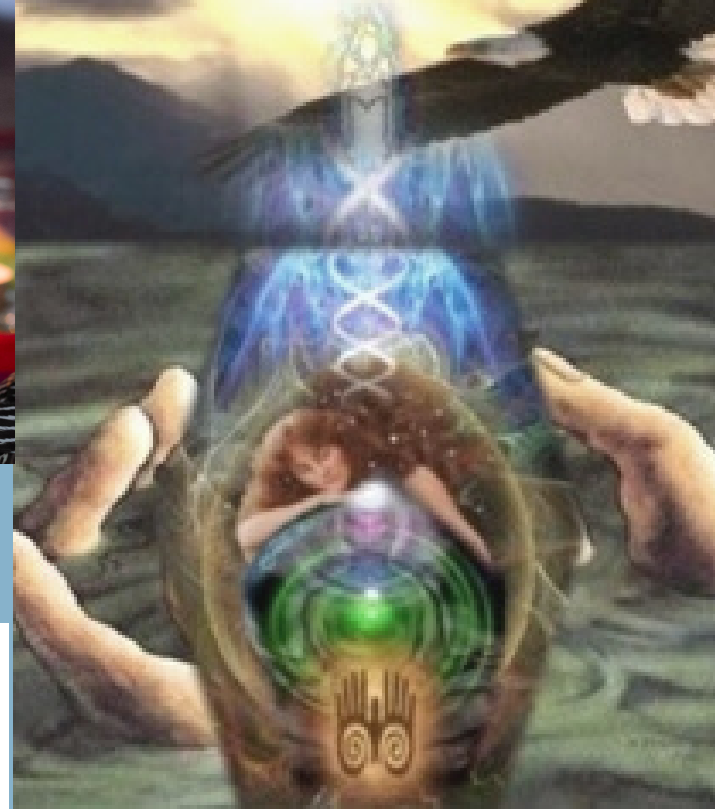
REGISTRATION OR QUESTIONS?

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Website: [www.monadnockmfr.com](http://www.monadnockmfr.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 Workshop

WITH MOLLY MCMILLAN

**OCTOBER 15-17, 2021  
BETHEL FARM RETREAT  
CENTER**

**HILLSBOROUGH, NH  
[WWW.MONADNOCKMFR.COM](http://WWW.MONADNOCKMFR.COM)**



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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."  
 ”

Donia Yousry



# 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!

**Starts Fri. 5:30 PM / Ends Sun. 2 PM**

**Investment: \$495/pp**

Cost includes all accommodations and meals

Friday, Saturday and Sunday

Ask about early-bird or commuter discounts

Repeat Retreat Guests Recieve 20% Off

**A'ho mitakuye oyasin!**



“  
 “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!!!!”  
 ”

Sophia Plagiannokos

# Location

BETHEL FARM RETREAT CENTER  
 HILLSBOROUGH NH

Bethel Farm is a small yoga and living arts center in the woods of Hillsborough, NH. We offer an atmosphere conducive to deep inner reflection and self sadhana. For years we have been cultivating the mood of yoga, of healing and peace that strikes guests instantly when they first arrive.

