

## TO REGISTER:

Email [molly@monadnockmfr.com](mailto:molly@monadnockmfr.com)



"Hallelujah Farms retreat center is the perfect location for our next Power Retrieval Workshop. It's located on many acres, with beautiful indoor and outdoor space for our work, and our rest. It's close to two beautiful state parks with ponds, and rivers to play and swim in. Roger and Sandy Daly, both ministers, created this sanctuary for spiritual retreats, and they will prepare delicious and healthy food for us. The energy of all the work that has been done here feels supportive and loving. **This workshop is for anyone on a spiritual journey, who longs for ways to connect more deeply to themselves, the spirit world, and a community of like-minded people. Please join us and continue this amazing journey of Power Retrieval.**"

*A'ho mitakuye oyasin!*

*Molly*



## POWER RETREIVAL TESTIMONIALS

"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**

"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 can see the truth more clearly now. The changes are really, really significant. Also, it is very natural to stand up for myself now, where in the past I would have to think about who was right, even if it was me. Now I just know. 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**

"My knee went back into alignment during the Power Retrieval in a way that it wasn't able to with many years of bodywork. It is less internally rotated at the hip, and tracking in the femoral groove. I believe it was due to the forgiveness I processed during the workshop. It was very powerful work, and I'm glad to have been a part of it." **Megan Eadie-Jensen**

# POWER RETRIEVAL

At Hallelujah Farms Retreat  
Center, 48 Bradley Rd.,  
Chesterfield, NH 03466

June 7-9 2019



created and led by

**Molly McMillan, OTR/L**

Founder/owner of Monadnock Myofascial  
Release, PLLC, and Shamanic Practitioner

[www.monadnockmfr.com](http://www.monadnockmfr.com)

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Call 603-355-MMFR

Throughout our lives we have all had the experience of “giving our power away” or feeling it was taken from us, leaving us with the sense of not being whole, and wondering what was missing. This loss of power, otherwise known as Chi, Prana and Soul, can cause us to feel out of touch with our bodies and with our lives, it can cause illness, depression, pain, and fatigue.



This workshop will give you the opportunity to retrieve your vital essence through Shamanic journeying, Sound Healing, Myofascial Movement, Art and Ceremony all done in a supportive and empowering community environment. When we experience life with this vital essence or power we are connected to the flow of life, we feel healthier, happier, and more energized.

*Please join us, and re-discover the power that is your birthright.*



Molly McMillan, OTR/L has been the owner/director of Manhattan MFR in NYC for 17 years and of Monadnock MFR in NH for 6 years.

She has been practicing the art of healing as an Occupational Therapist using the John F. Barnes, P.T. Myofascial Release Approach for over 20 years, and now instructs practitioners nationally for his company, MFR Seminars.

She has studied and practiced Shamanic healing methods with incredible results for the last 15 years, specializing in Soul Retrieval. She was a member of the New York Shamanic Circle's inner core, leading and co-creating their events and workshops.

Molly created this workshop in 2006, as a way to guide others in retrieving their own soul parts. It has since evolved and been offered many times in NY, NH, RI, and MA.



For registration and information email [molly@monadnockmfr.com](mailto:molly@monadnockmfr.com)

**Friday, June 7<sup>th</sup> from 7-9pm**

Healing Introduction with movement and sound healing experience.

**Saturday, June 8<sup>th</sup>**

**7-9am:** breakfast **9am-12pm:** workshop

**12pm-3pm:** lunch and activities

**3pm-6pm:** workshop

**6pm-9pm:** dinner and fire ceremony

**Sunday, June 9<sup>th</sup>**

**7-9am:** breakfast **9am-1:00pm:**

workshop and a half hour lunch break

**Cost with shared room and meals:**

**\$295** if registering early-**by May 20th:**

includes workshop, two night's lodging, and all meals as listed in the outline.

**\$325** if registering **after May 20<sup>th</sup> 2019**