

Awakening

You

A private retreat for remembering who you are



Sedona *Arizona*



A Quiet Awakening

We are living in a time of tremendous change. While the world may feel uncertain and unsettled, something deeper is also unfolding — a quiet awakening.

Many people are beginning to feel it. A subtle knowing that there is more for them to experience, express, or become. A sense that the life they've been living no longer fully fits. Sometimes it arrives as a whisper. Sometimes it arrives all at once.

This awakening often shows up emotionally, physically, and spiritually — deep exhaustion, emotional waves, heightened sensitivity, body pain or pressure, dizziness, ringing in the ears, uncertainty, feeling lost, or old memories and emotions resurfacing. While these experiences can feel disorienting, they are often invitations inward.

Your heart is asking for something different.
Something more true.
More aligned.
More alive.

Why Now

This retreat was created for those who feel ready to listen.

Not because you are broken.
But because some part of you is ready to come home to yourself.

Beneath the expectations, conditioning, roles, and stories you've carried, your authentic self has always been there — waiting patiently to be remembered.

Awakening You is an intimate, deeply supportive retreat designed to help you reconnect with that truth.

Kimberley and Kathy intentionally created this retreat to support only one or two individuals at a time, allowing space for deep exploration, vulnerability, reflection, and transformation. Together, we hold a compassionate and grounded container where you can safely unravel old patterns, reconnect with your inner knowing, and begin embodying a new way of being.

We understand this journey because we have both walked it ourselves.

The Other Side of Awakening

And what waits on the other
side is not perfection, but
something far more
meaningful.

Ease.

Peace.

Joy.

Connection.

A deep remembering of who
you are.

Meet Your Guides

KATHY O'NEILL

transition guide, bridge, host



Kathy's work is rooted in transformation, self-discovery, and guiding others through life's most meaningful transitions.

For much of her life, she carried the same limiting beliefs many people silently hold — *I don't matter. I don't belong. I'm not enough.* Those stories shaped how she moved through the world, influencing her relationships, work, and sense of self. Like so many, she learned to protect herself by creating a version of herself she believed others would accept.

But eventually, that way of living became unsustainable.

Through self-inquiry, healing work, coaching, and spiritual exploration, Kathy came to understand that authenticity is not something we create — it is something we remember.

Beneath the fear, self-doubt, and conditioning, our true selves have always existed.

Today, Kathy serves as a transition guide and bridge — helping others reconnect with who they are beneath the stories they've carried. Her work gently guides individuals back to their own inner wisdom, truth, and knowing.

Her approach is compassionate, intuitive, grounded, and deeply human.

Kimberley Peacock

intuitive spirit guide



Kimberley works as an interpreter and channel for the Sacred Circle of Wisdom Keepers — a collective consciousness connected to higher realms, ancestral wisdom, Mother Earth, and Light frequencies that support humanity during this time of awakening.

Her work centers around helping individuals reconnect with the wisdom, intuition, and gifts already held within them.

Many people are currently experiencing a profound inner remembering — a reawakening of their authentic essence, soul wisdom, and deeper purpose. As old patterns, wounds, and systems begin to surface and dissolve, many individuals find themselves moving through emotional, spiritual, mental, and physical shifts they do not fully understand.

Kimberley helps bring clarity, grounding, and guidance to that process.

Through channeling and intuitive connection, she works with the Sacred Circle to support the activation of dormant “Crystalline Light Codes” — energetic frequencies believed to already exist within the heart and soul, waiting to awaken when a person is ready.

Her work is deeply heart-centered and focused on helping others trust their own intuition, inner knowing, and Light.

How Kathy and Kim Work Together

Kimberley channels guidance and insight from the Sacred Circle, while Kathy serves as the grounded bridge — helping translate these messages into practical understanding and real-life integration.

Together, we support both the spiritual and human aspects of transformation.

This retreat is designed to meet you exactly where you are.

What's Included

Accommodations/Meals

- A private ensuite oasis with queen bed, sitting area, desk, and bathroom - shampoo, conditioner, and body wash will be provided
- Nourishing vegetarian meals: breakfast, light lunch, and dinner

Check-Ins

- One pre-retreat Zoom session (approximately two weeks before arrival) to explore what is calling you to this experience
- One post-retreat Zoom integration session (approximately two weeks after the retreat)

Daily Experiences

- Morning vortex visits in Sedona for meditation, reflection, and energetic connection*
- Guided sessions with Kathy and Kimberley
- Channeled sessions with Kimberley and the Sacred Circle
- Integration and reflection conversations
- Gentle movement practices such as walking, yoga, breathwork, or sound healing
- Evening check-ins
- Free time is built into your day to journal, wander, relax, and nap.

***Sedona's vortex sites are believed to hold powerful energetic frequencies that support healing, clarity, meditation, and self-discovery. These experiences are intentionally woven into the retreat to support your personal process and awakening.**

Additional Offerings

Details for the following services will be provided upon request:

- Airport transportation between the retreat location and the Phoenix or Flagstaff airports
 - Onsite massage sessions (subject to therapist availability)
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Schedule

TIME	CHECK-IN	DAY 1	DAY 2	DAY 3	CHECK-OUT
06:00		VORTEX VISIT	VORTEX VISIT	VORTEX VISIT	
7:00		VORTEX VISIT	VORTEX VISIT	VORTEX VISIT	
8:30		VORTEX VISIT	VORTEX VISIT	VORTEX VISIT	
9:00		BREAKFAST	BREAKFAST	BREAKFAST	
10:00		GUIDED SESSION	GUIDED SESSION	GUIDED SESSION	CHECK-OUT
11:00		GUIDED SESSION	GUIDED SESSION	GUIDED SESSION	
12:00		FREE TIME	FREE TIME	FREE TIME	
1:00		LUNCH	LUNCH	LUNCH	
2:00		FREE TIME	FREE TIME	FREE TIME	

Schedule

TIME	CHECK-IN	DAY 1	DAY 2	DAY 3	CHECK-OUT
03:00		1:1 W/KIM	1:1 W/KIM	1:1 W/KIM	
4:00	CHECK-IN	FREE TIME	FREE TIME	FREE TIME	
5:30	DINNER/ORIENTATION	DINNER	DINNER	DINNER	
6:00		DINNER	DINNER	DINNER	
7:00		MINDFUL MOVEMENT	MINDFUL MOVEMENT	MINDFUL MOVEMENT	
8:00		FREE TIME	FREE TIME	FREE TIME	
9:00		FREE TIME	FREE TIME	FREE TIME	
10:00		FREE TIME	FREE TIME	FREE TIME	

A Note About the Schedule

A sample schedule is provided as a general guide for the retreat experience. However, this retreat is intentionally designed to remain flexible and responsive to your needs in the moment.

Some sessions may deepen organically. Others may invite more rest, quiet, or reflection.

This experience is not about rigid structure.

It is about honoring where you are and what is ready to unfold.

We are here to support the fullness of your process — before, during, and after the retreat.

Investment

The total investment for the retreat is **\$5,225**, which includes:

- Arrival (4p) and departure (10a) days
- Three full retreat days
- Private ensuite accommodations
- All meals
- Guided sessions and retreat experiences
- Zoom support (one prior to the retreat and one post-retreat)

The only additional costs are airport transportation and optional massage sessions.

A **\$1,500 deposit** is required by **Wednesday, May 20, 2026**, to reserve your space.

The remaining balance of **\$3,725** is due one week prior to arrival.

Cancellations made within two weeks of arrival will receive a full refund of the deposit.

For cancellations made within 48 hours of arrival, 50% of the deposit will be refunded.

Other Key Information

What to Pack

We recommend bringing comfortable, casual clothing and dressing in layers, as Sedona temperatures can vary throughout the day.

Suggested items include:

- Sweaters or light jackets
- Long- and short-sleeve shirts
- Pants and shorts
- Comfortable socks
- Walking or hiking shoes with good traction
- Water shoes
- Sun hat
- Sunscreen
- Small backpack or knapsack
- Reusable water bottle

Weather

June in Sedona is typically hot, sunny, and dry, with daytime temperatures often reaching the low-to-mid 90s°F. Mornings and evenings are generally cooler and comfortable, with temperatures ranging from the 50s to 60s°F.

Pets on Premises

Please note that there are three dogs on the property. One will share space with us during the retreat, while the others remain behind the main property area. All are well-trained, gentle, and friendly.

Getting there

By Air

Flagstaff Pulliam Airport (FLG)

Phoenix Sky Harbor
International (PHX)

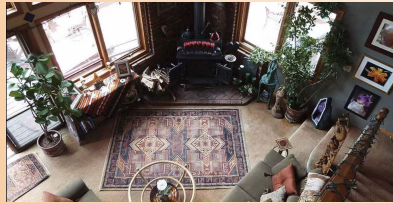
Shuttle to Location

Groome Transportation

Location

Your Heart's Home Sanctuary Sedona, Arizona





Interior Space



Ensuite Room



Exterior Space

We are Honored to Support You!

