



SACRED RETURN RETREAT

LIBERATE YOUR DIVINITY

Have you lost yourself in the roles you carry? Does it feel like your spark is only being used to light others and never for yourself? As women, we show up and show out for everyone we love, but often forgot how to do the same for ourselves. The Sacred Return Retreat is about returning back to source and back to YOU.

It is a sacred space for rebirth and renewal, where you will reconnect through self-exploration, connection with the body, consecrated movement, and womb healing. It is your cocoon to confront the pain and trauma that keeps you in cycles, honor and integrate your past selves, and release what no longer serves us.

If you are ready to truly liberate yourself, join us in beautiful Panama where nature will remind you that the power of Source is always present and always within you.





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RETREAT INFORMATION

**July 29-Aug 2, 2026
Arraijan, Panama**

Space is limited!

**An interview is required.
Please be ready to pay deposit within 5
days of your interview.**

**Pricing:
\$1800/double room**

**payment plans and prepay discounts
available**

**Email: TheSacredReturnRetreat
@gmail.com
for more information**

**Hosted by:
InherTherapy Healing and Wellness
&
Big Healing Energy Mental Fitness**



Shannaire Ruffin is the Owner of InHer Therapy Healing and Wellness, a ministry inspired by her own journey of shadow work and healing. With a successful background in owning & operating a Holistic Wellness Center in Fort Worth, Texas, Shannaire has dedicated her efforts to assisting women in addressing their healing & wellness needs.

She has hosted a variety of community events, fostering a supportive environment for personal growth. As the author of “F*ck Them Diets: It’s A Lifestyle Change,” Shannaire guides readers through the transition to a healthier lifestyle with a plant-based focus, sharing her personal journey and flavorful recipes along the way.

Certified as a health and wellness consultant and a Reiki Practitioner through the Life of Peace Wellness Institute, Shannaire proudly embraces her role as the “wellness vibe curator,” inspiring others to embrace holistic health and well-being.



SHANNAIRE RUFFIN



JOI KIDD

After experiencing her own mental health breakthrough, Joi wanted to create comprehensive mental wellness support that addresses the mind, the body, and taps into multiple modes of healing.

The Big Healing Energy Wellness Center offers integrated active healing experiences using art, movement, meditation, breathwork, sound, and nature to support ongoing healing and mental wellness.

Big Healing Energy is the ongoing fitness program for your healing with monthly offerings to help you process and transmute emotions in real time as you are living your life.

AS WE LIBERATE OURSELVES,
OUR ENERGY BECOMES A LIFE
FORCE FOR THE HEALING OF
HUMANITY

