Mystic Flow
WELLNESS CENTER

Beyond the Ego

AWAKENING & INTEGRATING YOUR DIVINE ENERGIES

A Transformational Retreat to Understand Your Ego, Heal Old Patterns, and Harmonize Your Divine Feminine and Divine Masculine.







EXPLORE THE EGO
Understand its purpose, recognize your protective patterns, and release what no longer serves you.

AWAKEN YOUR DIVINE FEMININE
Reconnect with your intuition, emotional wisdom, creativity, and the power to receive.

EMBODY YOUR DIVINE MASCULINE
Cultivate inner strength, healthy boundaries, focused action, and inner security.

INTEGRATE & BALANCE
Bring your feminine and masculine energies into harmony for greater wholeness, clarity, and purpose.

LUNAR SOUND BATH CEREMONY
A moon-aligned sound healing experience with crystal bowls, drums, flutes, and sacred instruments.

YOGA, MEDITATION & SOMATIC PRACTICES
All-level sessions to restore balance, release tension, and expand awareness.

NOURISHING MEALS
Chef-prepared, wholesome meals made with love, intention, and fesh local ingredients.

LUXURY BEACHFRONT ACCOMMODATIONS
Beautiful coastal home with modern amenities, spacious common areas, beach access, your sanctuary for rest, reflection, and renewal.

Retreat Rates

Single Occupancy: $2,659 to $3,198
Double Occupancy: $1,975 to $2,249

$500 deposit reserves your room.

Book early to get your favorite!

Virginia Beach, VA

APRIL 16 – 19, 2027

4 DAYS | 3 NIGHTS
ALL-INCLUSIVE RETREAT

More Information

571-284-7612

mysticflowwellnesscenter.com