



# IGNITE

REIKI RETREAT

January 12-15, 2024

Spirit Haven

## Welcome

Wow! For years, a Reiki retreat was just a dream. In 2023, this dream became an incredible reality, and somehow I find myself sitting here preparing for the *second* IGNITE Reiki Retreat.

The first retreat was amazing. I met so many new friends and shared energy with many. I thoroughly enjoyed all the feedback so I could try to make this next retreat even better!

Life has changed a lot since the last retreat. I inherited some grandchildren which turned my life upside down. I have been dealing with some medical complications too, but I still felt the overwhelming need to go forward with IGNITE 2024. To me, this is about more than just a weekend or a retreat or an experience, but it ignites **growth, nourishment, and inspiration through lots of experiences**. I think this is what we all need right now and throughout the year to come.

With the theme of 'Widening Horizons,' I tried to create a schedule of workshops that would do just that. Hopefully some new doors will open to everyone through this retreat, and you find something new you're interested in exploring.

Personally, I'm looking forward to what experiences we get to share in widening our horizons and growing where we never thought possible.

I will see you all soon, and hopefully again in 2025 too!

In Love and Light,

-Lopsi

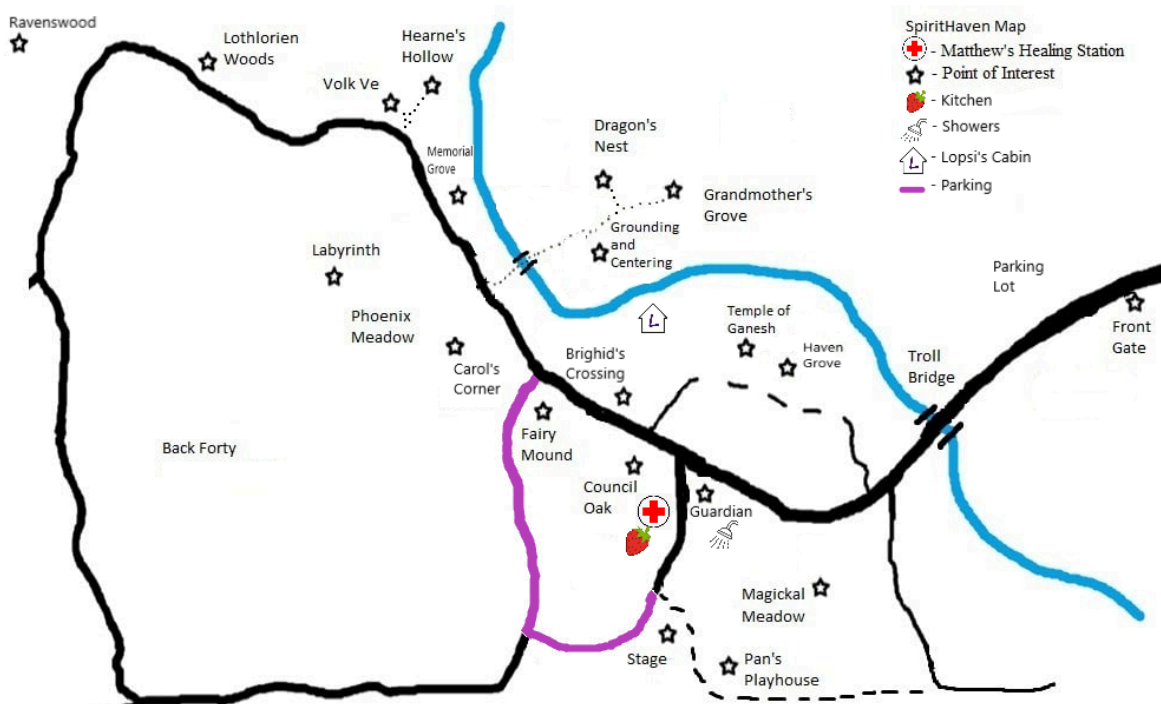
## Preparation

Here's some suggestions for things to pack in addition to your camping gear:

- SUNSCREEN
- Chair
- Water bottle
- Trash bags
- Umbrella
- Drum
- Blankets
- Warm Clothing
- Warm Bedding

## Arrival

The gate will open Thursday afternoon at 6 pm if you would like to come in the night before and set up camp. Spirit Haven is located at 9706 Anchor Ranch Loop, Flatonia, Texas 78941.



Please drive **SLOWLY**. The speed limit is 5 mph over the Troll Bridge and throughout **Spirit Haven Ranch**.

Upon arrival, please make your way to Lopsi's Cabin, introduce yourself, check in, get your community service information, and select your camping spot.

## Parking

Once you have unloaded, please move your vehicle either to the parking lot\* OR park on the purple road (please do not block the road) unless you are either handicapped *or* camping in your vehicle. If you are commuting from off-property, please utilize the parking lot on the other side of the troll bridge so no vehicles are driving on property during the retreat.

\*Clothing is required on the gate-side of the Troll Bridge.

## Gate and Retreat Hours

The gate will open at 6 pm on Thursday, January 11, 2024. You are welcome to arrive and set up camp on Thursday evening or Friday morning. There will be a welcome with some general information beginning Friday at 1 pm during lunch - if you didn't purchase a meal ticket, please bring your lunch and join us. On Saturday and Sunday, workshops will begin at 10 am. Workshops will end by 4 pm each day\* followed by general activities such as fireside chats, walking the labyrinth, Reiki share, drumming, and dancing (\*Reiki classes on Friday will go later depending on your experience). Please pack up, check your space to make sure you've left no trace, and be off-property by noon on Monday.

REMINDER: TAKE YOUR TRASH WITH YOU!

## Meals

If you ordered a meal ticket, meals will be served at approximately 9 am, 1 pm, and 6 pm at the kitchen beginning at lunch on Friday through breakfast on Monday. Please wear your name tag. If you did *not* purchase a meal ticket, you are invited to bring your prepared food and eat with everyone at the kitchen area.

## Clothing Optional

This retreat is CLOTHING OPTIONAL. Participants must be fully dressed until crossing the troll bridge. Once you have crossed the bridge, you may fling your clothes off or keep them on as you desire. (Note: Don't fling them too far - make sure they make it back to your camp and back home with you!)

Everyone gets to decide how much clothing is comfortable for *them* - DO NOT pressure others to wear more or less. Body shaming will not be tolerated, and nudity is **not consent** for touch or any sexual activity. **Any lack of respect or pressuring others will get you immediately removed from the premises with no refund.** If you see or experience this, immediately report it to any teacher.

Note: Children will be present. Public sex is prohibited. Keep any sexual activities within the confines of your tent.

## Photos and Haven Grove

There will be several opportunities for Reiki share throughout the weekend. Clothing **is required** in Haven Grove because we will be taking photos to promote for future events. **Your participation in any events in Haven Grove is consent to be photographed and that photos may be used in future promotions.** All are encouraged to take photos in Haven Grove and share with Lopsi. **If you do not consent to be photographed, avoid Haven Grove.**

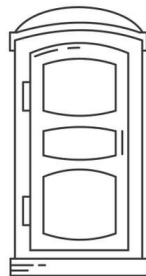
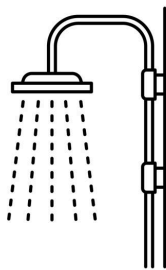
The rest of the property beyond the bridge is clothing optional for the entire retreat, and photos of people are **NOT permitted** outside of Haven Grove except with **express permission** from everyone who will be in the photograph (even in the background). Photos of objects, wildlife, and nature are permitted.

## Showers & Portas

There are no facilities on property; however, there are two outdoor showers called “clean camp” where you can take a nice, hot shower. Bring your own toiletries, and don’t forget to take them with you when you’re finished.

There will also be porta potties available for general use in a central location. **DO NOT** put anything other than bodily waste and toilet paper in the portas. If you put other things in the portas such as pads, diapers, bottles, or other trash, IGNITE is charged an additional fee by the porta company. Any extra expenses incurred by IGNITE are passed on to attendees so please help us keep costs low for everyone by properly disposing of all trash. Suggestion if you have waste such as a pad, tampon, or diaper: Bring a bag to the porta with you so you can place it in a bag, then carry the bag back to your camp for disposal.

Please keep the lids **CLOSED** on the porta potties so the nasty smells get filtered to the outdoors rather than kept within the porta potty.



## Trash

This is a pack it in, pack it out camp. That means whatever you pack to bring in, you need to pack up and take it with you when you go. This includes trash! Bring a trash bag for your general trash. **Please do not use kitchen trash for anything other than kitchen trash** because the kitchen witches have to pack up and carry kitchen trash home.

## Protecting Yourself & Getting Help

This is an outdoor event in Texas  
So be prepared, not reckless.  
Shoes are stressed,  
And boots are best.  
Mesquite likes to jab,  
And in feet it may stab.  
Ants and spiders galore,  
Scorpions, snakes, and more.  
Beware your fingers and hand  
When grabbing from the land,  
Especially if it's been there a while  
Like wood in an old wood pile.  
Enjoy the sounds of nature at night  
Like owls and frogs until morning light,  
But if you leave bread out or any sweet,  
The racoons will certainly have a treat.  
And beware of any hole  
Left by armadillo, boar, or vole.  
Remember the sun can be a concern,  
Even in the cold it can drain and burn.  
Don't forget to cover  
And apply sunscreen all over.  
Hydration is your best friend,  
Gatorade and water we recommend.  
For medical needs, Lopsi is it;  
If you are injured, ill, stung, or bit.  
Near Lopsi's Cabin you may reach her,  
Or notify any teacher.  
Protect yourself from all,  
And have a ball, y'all!

## Workshops

### Reiki I Introduction & Attunements (by Tig)

If you have never attended a Reiki class before, this one's for you! You will receive an introduction to Reiki as well as an attunement so you can begin your journey as a Reiki practitioner.

Note: If you've already had Reiki I, this is a great time to walk the Labyrinth, unpack and get settled, meet others, or explore the land.

### Reiki II & Attunements (by Lopsi)

Have you had a Reiki I class in the past and are ready to learn how to do Reiki through time and space? If so, come to this workshop, learn the symbols, and get attuned to Reiki II.

Note: This workshop is only for those who had their Reiki I attunement at least 3 weeks prior. If you are getting Reiki I for the first time, this is a great time to walk the Labyrinth, unpack and get settled, meet others, or explore the land.

### Earth Star & Soul Star (by Lopsi)

If you have ever wondered about the chakras outside the body, these classes are for you. We will be exploring the earth star, a subpersonal chakra located below the feet, and the soul star, a transpersonal chakra located above the crown chakra. Each class will have valuable information and activities related to the chakra.

### Reiki in Herbalism (by Tig)

Come explore combining Reiki and herbalism. We will discuss different ways to prepare herbs, some of their medicinal properties and how they can help your chakras.

Attendees will leave with an herb blend that they can infuse with Reiki.

### **Sound Healing 2.0 (by NamasTodd)**

Tibetan singing bowls will be incorporated into our discussion of brain waves and methods to slow them to reach a meditative state and promote healing energies. Attendees will have the opportunity to play a variety of singing bowls before we engage in a short sound meditation. Please bring your yoga mat or small blanket to practice on.

### **Multi-Modal Healing (by Sony)**

Speed healing can be especially helpful for people looking to heal themselves of past trauma. In this workshop we will explore some of the modalities and see what works for each participant. Handouts for further information available.

### **Advanced Multi-Modal Healing (by Sony)**

This workshop is similar to the Multi-Modal Healing workshop, but this one is for those of a practitioner level II or above and who have already taken the Multi-Modal Healing workshop as it will build on prior knowledge.

### **Reiki and Martial Arts (by Tig)**

An interactive workshop that requires no prior martial arts experience. We will discuss ways that the energies of Reiki and those used in martial arts are similar. Attendees will be shown a simple form that can be combined with Reiki to raise energies and meditate.

### **Tantra Energy Exercise (by NamasTodd)**

This is a moving meditation designed to yoke the mind with body. Designed to get out of our heads and into our hearts, movement will facilitate our thinking dissolving into sensing and feeling. All movement will be gentle and accessible to everyone. Please bring your yoga mat or small blanket to practice on.

## Other Opportunities

### Drumming

Drummers will be drumming the night away! Bring your drum, dance, or just get lost in the soul music each night.

### Fireside Chat

Each night there will be a discussion around the fire pit. A starting topic is provided, and conversation will go where it's meant to go.

### Labyrinth

There will be opportunities to walk the Labyrinth each day for internal reflection. It is best for no more than 7-8 people to walk it at a time. Make sure those attending at their designated time are able to experience the labyrinth if they desire. If there are less than 7-8 people participating, others are welcome to join. Thank you for helping keep these groups small so everyone has the opportunity to get the full experience.

### Reiki Share

There will be tables set up in both the Guardian building and in Haven Grove\* for Reiki shares! Come and go as you please - give to and receive from all present!

\*Remember: Clothing is required for activities in Haven Grove, and you consent to being photographed by attending sessions in this location.

### Tour

A tour of the land will be offered. Learn where everything is for the weekend, and come see the sacred spaces you can escape to. All sacred spaces should be open and accessible throughout the weekend (barring excessive rain or other unforeseen circumstances).

## Teachers

### Lopsi

Lopsi is the founder of IGNITE Reiki Retreat and has been practicing Reiki since 2010. She regularly teaches in the DFW area as well as at events all over Texas. She has five children and is now raising two young grandchildren. Two cats and two birds complete her full and happy home.

### NamasTodd

Todd Eich is a retired healthcare professional teaching yoga, meditation, and sound healing from his home studio in the Oak Cliff Neighborhood of Dallas, TX. Todd studied 23 styles of meditation while completing a 300-hour Meditation Teacher Training, but resonates best with sound healing. Todd is also a Master Teacher with the Shizen School of Ikebana, the Japanese Art of floral arrangement.

### Sony

Sony is a level 3 Reiki practitioner utilizing several modalities to achieve speedy recovery from the old traumas that still linger in cellular memory. She has one each dog and cat and many children she calls her own.

### Tig

Tig is an IT professional in Healthcare. He has been a Reiki practitioner for almost 10 years. He incorporates his Reiki practice with his herbalism and martial arts practices. Tig is currently married to his first husband. They have a spoiled bird and a foster kitten, they also have several bonus children and Jaxon's amazing kiddo.



## Schedule

### THURSDAY ACTIVITIES

	<b>Council Oak</b>	<b>Guardian &amp; Haven Grove</b>	<b>Other</b>
6:00 PM	SETUP	SETUP	SETUP
7:00 PM			
8:00 PM		Guardian: Drumming & Dancing	

### FRIDAY ACTIVITIES

	<b>Council Oak</b>	<b>Guardian &amp; Haven Grove</b>	<b>Other</b>
8:00 AM	SETUP	SETUP	SETUP
9:00 AM			
10:00 AM	Tour		
11:00 AM			
12:00 PM			Lunch & Welcome (Kitchen)
1:00 PM	Reiki II & Attunements		
2:00 PM			Group A: Labyrinth - Intention-setting
3:00 PM	Reiki I Intro & Attunements		
4:00 PM			Group B: Labyrinth - Intention-setting
5:00 PM			
6:00 PM			Dinner (Kitchen)

**SATURDAY ACTIVITIES**

	<b>Council Oak</b>	<b>Guardian &amp; Haven Grove</b>	<b>Other</b>
9:00 AM			Breakfast (Kitchen)
10:00 AM	Group B: Sound Healing		Group A: Multi-Modal Healing 1.0 (Kitchen)
11:00 AM	Tantra Yoga/Earth		
12:00 PM	Herbs	Reiki Share/Free Time	
1:00 PM			Lunch (Kitchen)
2:00 PM	Earth Star/Yoga		
3:00 PM	Herbs/Soul		
4:00 PM		Reiki Share/Free Time	Group A: Labyrinth - Personal Meditation
5:00 PM			
6:00 PM			Dinner (Kitchen)

**Just For Today...**

**I will release my anger.**  
**I will have only healthy concern.**  
**I will be grateful.**  
**I will be honest.**  
**I will be kind to every living thing.**

### SUNDAY ACTIVITIES

	<b>Council Oak</b>	<b>Guardian &amp; Haven Grove</b>	<b>Other</b>
9:00 AM			Breakfast (Kitchen)
10:00 AM	Group A: Sound Healing		Group B: Multi-Modal Healing 2.0 (Kitchen)
11:00 AM	Reiki in Martial Arts		
12:00 PM		Reiki Share/Free Time	
1:00 PM			Lunch (Kitchen)
2:00 PM	Soul Star		
3:00 PM	Master's Meeting		
4:00 PM		Reiki Share/Free Time	Group B: Labyrinth - Personal Meditation
5:00 PM			
6:00 PM			Dinner (Kitchen) & Graduation
7:00 PM		Drumming (Guardian)	
8:00 PM	Early Tear Down	Early Tear Down	Early Tear Down

### MONDAY ACTIVITIES

	<b>Council Oak</b>	<b>Guardian &amp; Haven Grove</b>	<b>Other</b>
9:00 AM			Breakfast and Farewell (Kitchen)
10:00 AM	TEAR DOWN	TEAR DOWN	TEAR DOWN
11:00 AM			
12:00 PM	GATES CLOSED	GATES CLOSED	GATES CLOSED