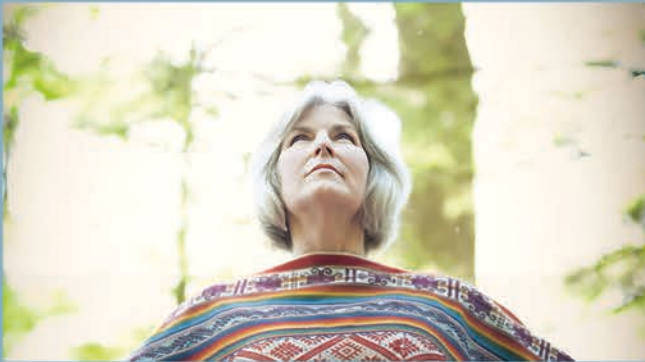


# About Molly

A TRUSTED & EXPERIENCED HEALER



Molly is the founder of Monadnock MFR, PLLC in Keene, NH. She is an expert practitioner of myofascial release with over 30 years experience, and she teaches this modality internationally. She has been practicing shamanism for over 20 years, specializing in Soul Retrieval. She created this retreat format 10 years ago in order to combine these two powerful and life transforming modalities.



Megan is an expert somanaut, and continuum movement teacher. Her unique Somanautiko approach synergistically weaves together three decades of her work as a teacher of Continuum, a Certified Somatic Therapist/Educator, bodyworker, choreographer, performance artist, activist, and mother.

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



## CONTACT

REGISTRATION OR QUESTIONS?

- ✉ [info@powerretrievalretreats.com](mailto:info@powerretrievalretreats.com)
- ☎ 603-355-6637
- 🌐 [www.powerretrievalretreats.com](http://www.powerretrievalretreats.com)

*This workshop is for anyone on a spiritual journey, who longs for ways to connect more deeply to the inner self, the spirit world, and a community of like-minded people.*



# POWER Retrieval Retreats

*with Molly McMillan*

OCTOBER  
10<sup>TH</sup>-12<sup>TH</sup>, 2025

BETHEL FARM YOGA AND  
RETREAT CENTER

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





## THE EXPERIENCE

### RETRIEVE YOUR VITAL ESSENCE

Throughout our lives we all have given our power away or had it taken from us. Loss of this power, also known as soul essence, chi or prana can cause illness, depression, and feeling disconnected from ourselves or others.

During this weekend workshop, Molly and Megan will expertly guide you in reclaiming this power, also known as chi, prana or soul essence using shamanic ceremony, fascial movement and journeying. Molly and Megan are masterful at holding space, and creating a safe and supportive community environment. Living with this power means being in the flow of life; it means experiencing your wholeness, vitality, and wellness. Join us, and re-discover the power that is your birthright!

**OCTOBER 10<sup>TH</sup>-12<sup>TH</sup>, 2025**  
4PM ON FRIDAY THROUGH 3PM ON SUNDAY

**INVESTMENT: \$880 USD**

INCLUDES LODGING AND FOOD,  
\$780 FOR COMMUTERS INCLUDES FOOD

**Ask about early-bird discounts**  
**Repeat retreat guests receive \$50 off**

*A'ho mitakuye oyasin!*

“

"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 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*



## LOCATION

Bethel Farm Yoga and  
Retreat Center,  
Hillsborough, NH

Bethel Farm is a small yoga and living arts center nestled in the woods of NH. It offers an atmosphere conducive to deep inner reflection and self sadhana. Besides many acres of land to wander on, they offer a wood fired sauna and pond to plunge in.

