

Ocean Dreams Healing Center's 2025 Healing and Wellness Retreat

October 5th – 9th, 2025

Azul Del Mar Resort – Key Largo, FL

Here are some important reminders & information to make your attendance most enjoyable –

1. This exclusive retreat includes all 5 days and for participants to be able to experience the full healing potential, participants are requested to attend all events on all the days. Individual day attendance is not offered. If you are not staying at the Amoray Resort, which is connected directly to the Azul Del Mar Resort, it is requested that you allow enough travel time to be at the Azul Del Mar Resort before the beginning time of the morning's activities, to allow for parking, etc. and expect to be on site and available for the full day, through the end of the day's events. The retreat schedule is approximate - expect slight changes, if necessary.

2. Please plan your travel to our location – Azul Del Mar Resort, in beautiful Key Largo, FL accordingly. We need all attendees to be on site on the first day – Sunday, October 05, 2025 no later than between 2pm – 4pm. You will need time to relax and meet the practitioners and receive your retreat information and gift bags.

Please plan your flight arrival time in Florida to allow for road travel time to our location in Key Largo ... Plan for travel delays caused by airline delays, luggage delays, road construction and possible traffic incidents.

If you are local and staying at your own accommodation, please allow enough travel time to arrive early, on site, each day.

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3. Each individual experiences and responds to the healing modalities differently. You will receive healing, education, and instruction from each of the practitioners and their modalities during the group sessions throughout the day. As you find the healing modality that you enjoy the most, you will be able to schedule additional private individual sessions each afternoon. The additional private individual healing sessions are being offered between 12 noon and 4pm on Tuesday, Wednesday, and Thursday and are available for an additional cost. Each practitioner sets their own price for their services. Payment for these services can be made in cash, credit card or electronic transmission during the retreat. Please plan to bring means for additional payments if needed.

4. We respect each attendee's individual choices. But please be aware that for the comfort of all attendees - during the retreat activities, no smoking or vaping is permitted. Attendees wishing to smoke or vape can do so on their 'break' and 'free' times, or times other than during the days planned retreat activities, and only in the specified areas. This includes medically approved and/or prescribed marijuana.

5. Please pack comfortable clothing that will allow for your participation in the activities. All activities will be held outside, some under tents. Remember that the weather can change from warm to cool or become windy and rain at times, so bring appropriate clothing & shoes for these weather fluctuations. Bring swimwear & water shoes for the water activities – boat rides, swimming in the pool or the bay, kayaking... Bring your mask, snorkel, & fins. Remember your sunscreen & bug spray & sunhat.

6. If you are staying at Amoray Resort, basic toiletries are provided – shampoo & soap, as well as towels for bathing and the pool. You will need to provide any additional items you need for your personal care & comfort. If you forget anything, there is a Publix & WinnDixie & CVS nearby in Key Largo. You will need your own transportation.

7. All food and non-alcoholic drink are provided during the retreat. We have specially planned executive chef prepared food planned to assist your healing and wellbeing. There should be no need for additional food. But if attendees feel that they need something additional, we respectfully request that any outside food or beverages be consumed outside of the retreat program hours. We respect each individual's choices, but as this is a Healing and Wellness Retreat, we request that you refrain from the use of alcohol and recreational drugs during the retreat, as their use can interfere with the healing process.

8. Each day's schedule is specially planned for the most healing possible. Please be aware of the starting time of each session and plan to be on time. Plan to be at the Resort for the entire duration of the days planned sessions. Please make us aware of any special needs that you may have. We will do our best to accommodate you, but some times cannot be adjusted.

9. For the comfort and individual health concerns of all attendees, no pets are permitted at the retreat.

10. For the safety of all attendees, no weapons are permitted at the retreat.

11. It would be extremely helpful to know your travel plans and the expected time of arrival. We will be in communication with you before the opening day of the retreat to assist you, if needed. Depending on what time you arrive at Azul Del Mar, park in the lot closest to the highway and a representative will greet and direct you. If you are staying at the Amoray Resort, there will be time to check in and move your car to the parking area closest to your room and unpack. The normal check-in time at Amoray Resort is 3:00pm, but we have special arrangements that will allow you into your room earlier - as soon as the room is ready. Please plan to keep in touch with Amoray Resort on the possibility of an earlier availability of your room time. If you can access your room before 3:00pm, please park in the Amoray Resort check in parking area, proceed with your check in and after check in, use the gate code to gain access to the Azul Del Mar Resort area between 2:00pm – 4:00pm. Please be sure to arrive by no later than 4:00pm.

12. As part of your retreat, you will be provided with an Ocean Dreams Healing Center insulated cup for your drinks and smoothies, and a beautiful keepsake journal for the art and journaling activities; both of which you take home with you and continue to use and enjoy.

13. Continue your Florida Keys experience by attending the 2025 Ocean Dreams Healing Fundraiser on Thursday night from 5:00 – 10:00pm. Cost for attendance is an additional fee. Fun, Food, Drink, Comedy & Music are included ... \$150.00 per plate or \$1,500.00 per table sponsor (6 seats) are available. Retreat attendees get first choice of tickets ... Only 50 total seats are available. Purchase your tickets from the website page now if you are interested, as there is no guarantee of seat availability closer to the retreat date. Please plan your accommodations accordingly to allow for this extra experience. If you can attend, we are grateful for your support!

14. Continue your healing on Friday, October 10, 2025, with additional private practitioner sessions. Each practitioner sets their own schedule and price for their services. Scheduling for these services can be made during the retreat or earlier if practitioner schedules are available before that time. Payment for these services can be made in cash, credit card or electronic transmission during the retreat or on Friday - the day of service. Please plan to bring means for additional payments if needed. Please plan your accommodations accordingly to allow for this extra healing experience.

Ocean Dream Healing Center

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