



Grief to Grace RETREAT 2026

A gentle, somatic-based weekend for women to move through grief with compassion and safety, using breathwork, movement, sound, and guided support to release, reconnect, and begin again.



The August House
494 King St, Windsor, NS

20–22 November, 2026

Airport Pick Ups Arranged



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Retreat HEALING FLOW



Friday

- Welcome and Connection
- Dinner
- Self-Care Activities
- Sauna | Sound Bath | Fire Pits

Saturday

- Morning Meditation
- Breakfast
- Workshop: The Weight You've Been Carrying
- Reflection Moments
- Lunch
- Workshop: Who Am I Now?
- BOHO Dance
- Dinner
- Somatic Movement & Breathwork
- Sauna | Fire Pits | Meditation

Sunday

- Meditation
- Spiritual Music | Breathwork
- Breakfast
- Art Therapy
- Workshop: Permission to Live Again
- Lunch
- Closing Circle



3 Months Bi-Weekly Coaching Circle - ZOOM

REQUEST INFO



retreats@hereraexperiences.ca
www.HerEraExperiences.ca

Your Facilitator

DEANNA BYRNE

Deanna L. Byrne is an internationally accredited grief coach, award-winning podcast host, author, public speaker, and founder of Grief to Grace Retreats™.

Following the sudden loss of her husband in 2020, Deanna dedicated herself to understanding grief, trauma, and somatic healing. What began as her own journey became a calling to help other women navigate loss with compassion, courage, and hope.

Today, she has supported thousands of women worldwide through her Grief Share community, coaching, workshops, and retreats. Her gentle, intuitive approach blends lived experience with professional expertise, creating safe spaces where women can reconnect with themselves and heal at their own pace.



Credentials include:

- Internationally Accredited Grief Coach
- Certified Art Therapy Coach
- Master Practitioner in Neuro-Linguistic Programming (NLP)
- Master Practitioner in Clinical Hypnotherapy
- Internationally Accredited Trauma-Informed Coach
- Certified Breathwork & Somatic Healing Practitioner
- 500-Hour Meditation Facilitator (Canadian Yoga Alliance)



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Investment

Shared Occupancy

\$2,777 CAD (Taxes & Gratuities Included)

Private Single Occupancy

\$2,999 CAD (Taxes & Gratuities Included)

Your investment includes:

- Two nights boutique accommodations
- Healthy, nourishing meals from Friday dinner through Sunday farewell lunch
- All workshops and facilitated sessions
- Somatic grief coaching
- Trauma-informed breathwork
- Guided meditation
- Sound healing
- Art therapy (including your canvas to take home)
- Gentle somatic movement and BOHO Dance
- Sauna access
- Guided journal
- Post-retreat somatic integration workbook
- A thoughtfully curated welcome gift featuring Velvet & Vine Botanicals™ products
- Continued somatic practices to support your healing journey at home

Reserve Your Space

A \$500 non-refundable deposit is required to reserve your place. The remaining balance is due prior to the retreat. Flexible payment plans are available upon request. retreats@HerEraExperiences.ca

To preserve the intimacy, safety, and personalized nature of the retreat, participation is limited to only 12 women.

Small enough for meaningful connection.

Large enough for shared experience.

Once all 12 spaces have been reserved, registration will close.



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