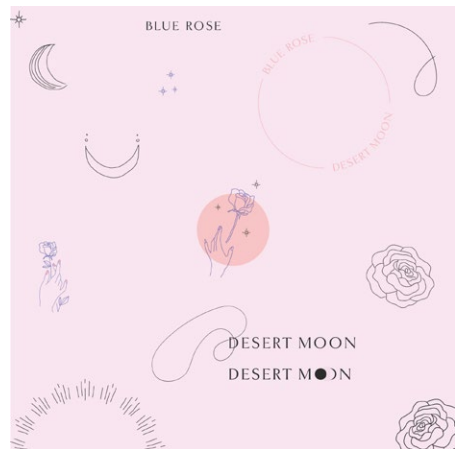
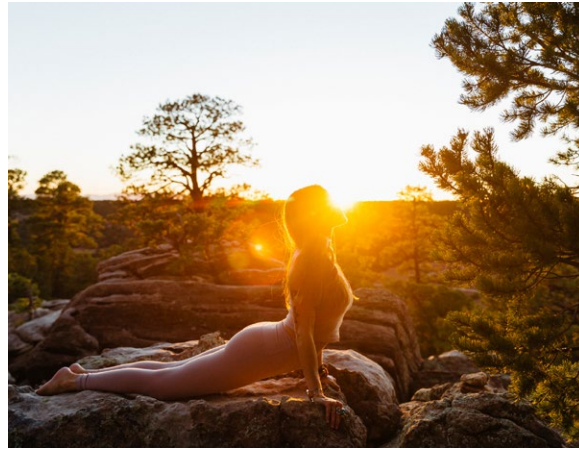



Work Examples

- CUSTOM PHOTOGRAPHY
- WEBSITES (PERSONAL & E-COMMERCE)
- LOGOS & BRAND IDENTITY
- PACKAGING & BRAND COLLATERAL
- *ALL WORK BY LATITUDE STUDIO*



BLUE ROSE  **DESERT MOON**
A Temple of Remembrance

THE EXPERIENCE
A Winter Solstice Retreat

THE LAND
The High Desert of New Mexico

THE DATE
Full Gemini Moon
December 19-22

THE JOURNEY
In the illumination of the Gemini Full Moon during the darkest nights of the year we will travel to the High Desert of New Mexico to celebrate the High Desert Sky at the High Desert during our Blue Rose Desert Moon Retreat. We will join together in Ceremony to ground in the Greater elemental Acharya with the Spirit of the land, building awareness of the sacred feminine within. Opening the powerful energetic centers in our bodies & connecting in alignment with nature and the lunar rhythms & cycles.

Our mornings will begin with Ayurvedic Herbal Tea & Organic Coffee and a guided nature meditation, followed by yoga, stretching & breathing. Guided Yoga practice. After a warm, grounding breakfast we get on for our Morning Ceremony & Fire Temple. In the afternoon we head out for hiking at Old Colorado Hot Springs, sacred meditation, and fire exploration. After dinner we conclude our day with our Evening Ceremony, Moon & Fire Temple.

Additional options for private bodywork, Flower Essences, Herbs and energy healing sessions available to schedule throughout the retreat.


*All meals are organic, gluten-free, vegetarian, with vegan options available.

RETRAIT SCHEDULE

YOUR GUIDES

JOIN US

For more information, a retreatary journey, or to register, email spiritsofthedesert@gmail.com

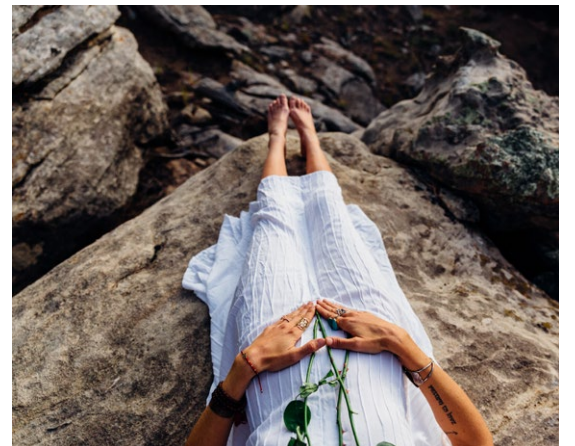
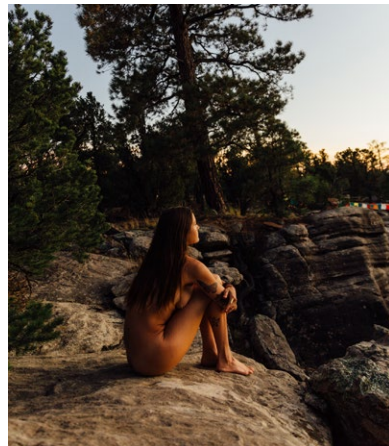
BLUE ROSE  **DESERT MOON**
A Temple of Remembrance

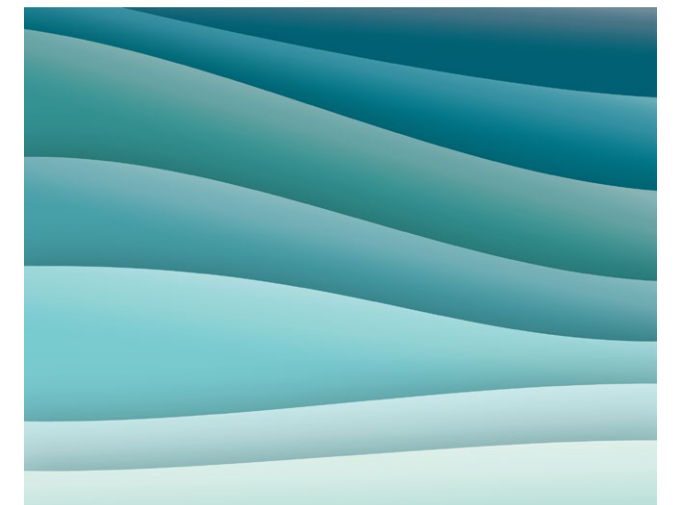
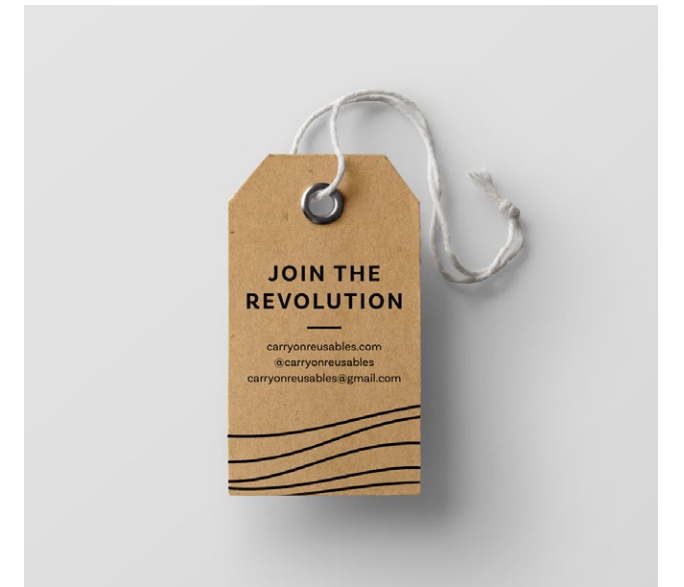
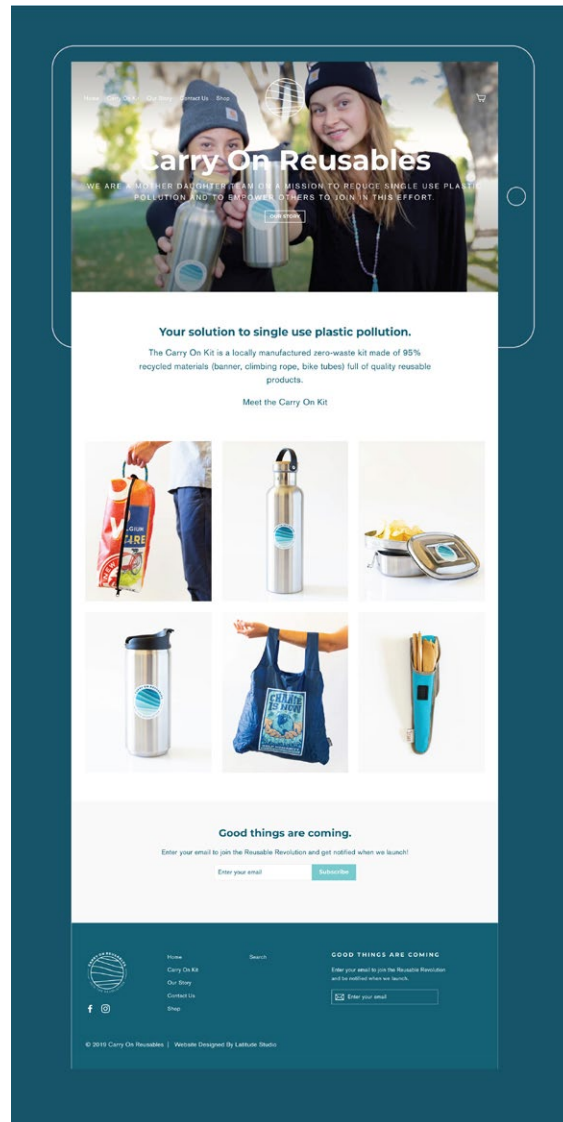
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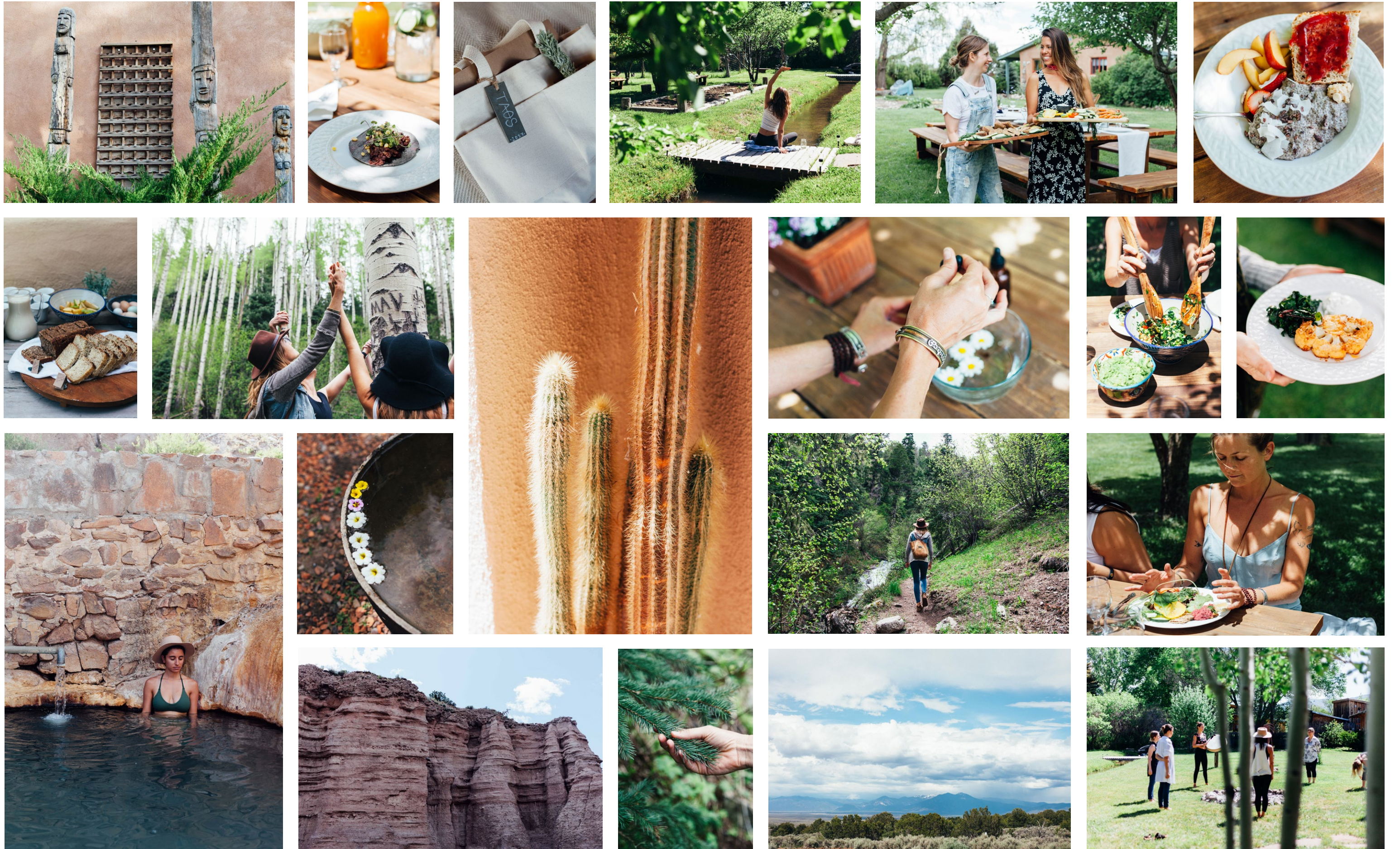
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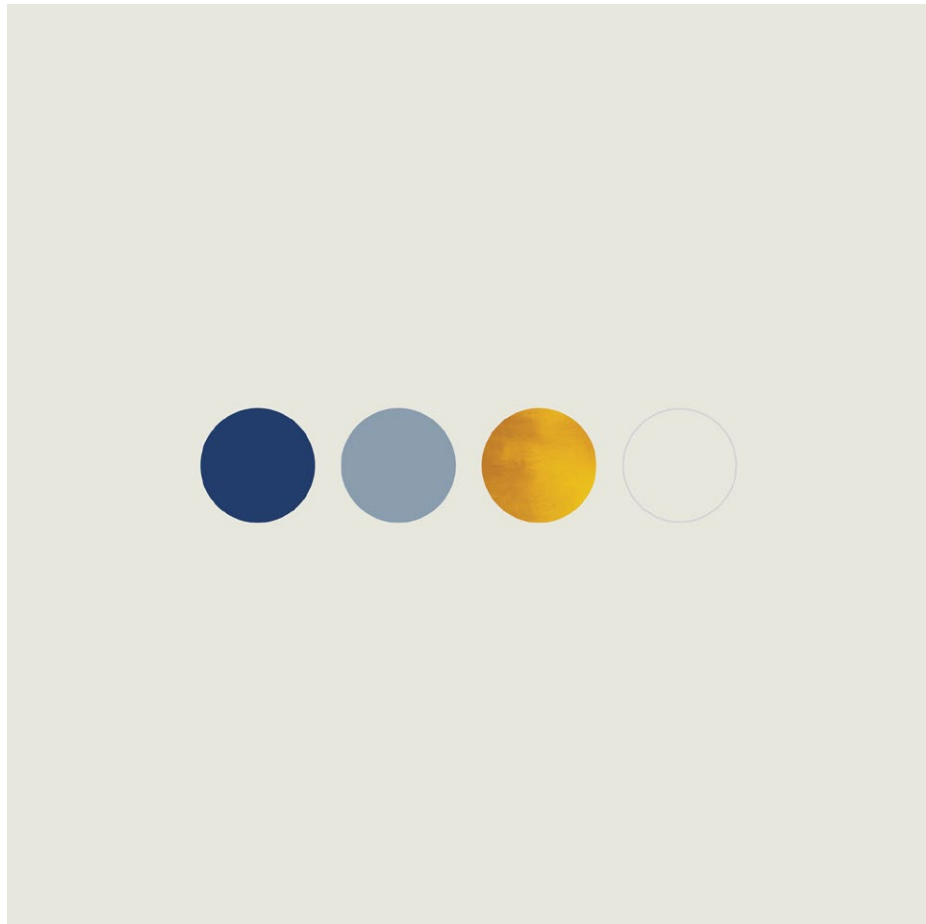
Email Address*

GET IN TOUCH











Hi _____,

CONGRATS ON TAKING THIS STEP TOWARDS A HEALTHIER CYCLE WITH HERBS PROVEN TO HEAL!

Your blend is made with organic, whole herbs of the highest quality — all of which have been third party tested for purity and potency. These medicinal-grade herbs have been chosen for their nourishing properties and tailored for your cycle.

They are most effective when paired with good sleep, hydration (yes to more water!) and a good diet. Check out The Wisdom (aka our blog) for more.

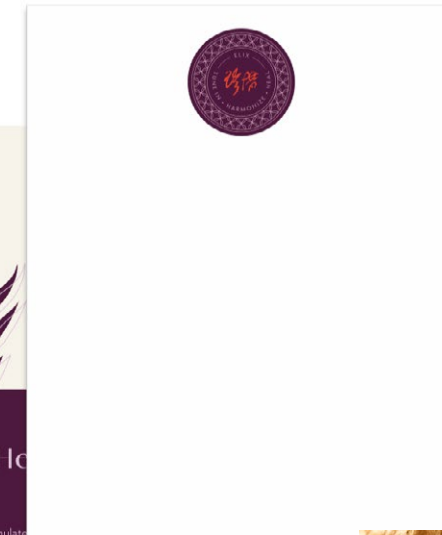
We're here for you on this journey. DM us or email hello@elixhealing.com

WITH LOVE & GRATITUDE,

Lulu & Nicole

Lulu & Dr. Nicole
Co-founders, Elix

elix



Meet Your Herbs

- ANGELICA SINENSIS | DANG GUI regulator
- WHITE PEONY ROOT | BAI SHAO blood builder, pain reliever, & spasm reducer
- BLUPELURUM | CHAI HU anti-inflammatory, antioxidant & pain reliever
- ATRACTYLODES | BAI ZHU Increases mental clarity, balancing & energizing
- GINGER | PAO JIANG anti-inflammatory & GI regulator
- PORIA | FU LING energizing & balancing
- PEPPERMINT | BO HE mood regulator, anti-inflammatory & pain reliever
- LICORICE | GAN CAO anti-inflammatory, GI regulator & formula balancer
- CORYDALIS | YAN HU SO analgesic, anti-inflammatory, sedative
- CYPERUS | XIANG FU hormone regulator, antioxidant, & pain reliever









