




## Spring Into Transformation


As the earth awakens from winter's embrace, spring offers us a powerful reminder of renewal, rebirth, and growth. This is the season to **shed what no longer serves us, plant the seeds of new intentions, and embrace transformation.**


In this issue, we explore ways to **harness spring's energy for personal growth, refresh your journey with seasonal rituals, and connect with upcoming retreats designed to support your transformation.**

## Spring Renewal Practices to Refresh Your Journey

Spring is a time of awakening, and just as nature blossoms, so too can we! Here are a few ways to **align with the energy of the season:**


 **Spring Cleaning for the Soul** – Just as we declutter our homes, take time to clear stagnant energy from your mind and spirit. Journaling, meditation, and energy cleansing rituals can help create space for fresh inspiration.

 **Beltane Fire Rituals** – As we approach Beltane, embrace its fiery energy by setting intentions around passion, creativity, and personal empowerment. Fire ceremonies, movement practices, and sensual awakenings can reconnect you with your inner power.

 **Nature Connection & Embodiment Practices** – Spend time outdoors, breathe in the renewal around you, and engage in mindful movement—whether it's dance, yoga, or simply grounding your feet on the earth.

## Upcoming Spring Retreats

Ready to deepen your journey? These powerful spring retreats invite you to **awaken, transform, and reconnect with your most vibrant self.**

 **Both retreats include a Firewalk Ceremony—an ancient practice of transformation, empowerment, and stepping beyond fear into limitless potential (walking is always optional).**

### **Beltane: Igniting Your Fires of Desire—Heart & Womb Space**

 **May 3 & 4, Riverwoods, IL**  
 **A Sacred Feminine Retreat**

Step into a transformative weekend celebrating **Beltane, a time of igniting passion, creativity, and life force energy.** Through **movement, ritual, and deep connection**, this retreat invites women to return to their authentic selves, reclaim their joy, and breathe life into their deepest desires—all within the embrace of a sacred feminine community.

 **Learn more & register:** [The Goddess Affect – Beltane Retreat](#)

### **Awaken Your Senses ~ Reignite Your Power ~ Reconnect with Yourself**

 **May 10, Riverwoods, IL**  
 **A Multi-Sensory Experience for Deep Rejuvenation**

Step away from daily distractions and immerse yourself in a retreat designed to **refresh your mind, regenerate your body, and reignite your spirit.**

Through **sensory awakening, movement, mindfulness, and holistic wellness**, this experience will leave you feeling **revitalized, empowered, and deeply connected to yourself and the world around you.**

 **Learn more & register:** [Ripples of Renewal – May 10 Retreat](#)

## Practitioner Spotlight: Featured in Natural Awakenings Magazine!

We love celebrating the incredible work of our practitioners! **This month, we're thrilled to share that Roy Colver and his Harmony Hustle method have been featured in Natural Awakenings Magazine.**

Discover how Roy helps individuals **find balance and purpose** through an innovative approach to **alignment, creativity, and self-mastery.**

 **Read the feature here:** [Find Balance and Purpose with Roy Colver's Harmony Hustle](#)

## Let's Grow Together!

The Collective Journey continues to expand, and we are so grateful for each of you who is part of this movement. **Together, we are creating a powerful space for transformation, healing, and connection.**

Stay tuned for more exciting updates in our next issue, and as always, feel free to reach out if you'd like to contribute, share feedback, or get involved in upcoming events!

With love and appreciation,  
**Daphne & The Collective Journey Team**



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