

Dr Lauren Nappen

presents...

Seasons of the Soul

a transformational adventure of the highest caliber!

teasing out the magic and mystery of the season within us

Quarterly Retreats

Love is Served
Color is Explored
Hearts are Opened

Spiritual Alchemy at its Finest

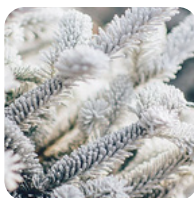
The **Beauty of Nature** merges with the calling of the heart.

Aura Soma colors bears witness to the unspoken.

Nourishment (catered) lets us know we are cared for.

Conversation that reminds us we are not alone.

2025 Schedule



Winter

Saturday
February 1



Spring

Saturday
May 3



Summer

Saturday
August 2



Autumn

Saturday
November 1



mark your
calendar!

For Registration, Tuition & to Save Your Spot!

6 seekers only per retreat!

[blessings@drlaurennappen.com](mailto: blessings@drlaurennappen.com)

Text only: 215.815.2729

Anything that Dr. Lauren creates is full of adventure for the soul. *I have completed all four seasons and every time, I had greater insight into opportunities to be my authentic self.*

- Lisa K