

A decorative border of stylized tropical leaves in green, yellow, and blue surrounds the central text.

Healing is Adonai's divine and supernatural work of bringing order into a person's life where there has been disorder.

When life gets out of hand and sadness dominates everyday life, there is probably an accident, terror and torture, or a violent crime behind it.

Sporting activities and physiotherapy not only strengthen the body, but also give you more self-confidence and release happiness hormones. Breathing exercises relax tension and make you visibly calmer.

# HEALING RETREAT in Israel TT.MM.JJ

In cooperation with -----, Israel, a non-profit organization based in -----, say goodbye to your trauma.

Art therapy, such as **painting, dancing, singing, creative writing** and **crafts**, is a very gentle way to overcome difficulties and find new solutions.

Interacting with **animals** and **nature** can reduce stress and reduce anxiety and depressive symptoms.

With **essential oils** we can give traumatized people gentle, yet extremely effective support.