

You're Invited to...

"Healing with Gratitude"

A Soulful Retreat by *Living Life the ACG Way*

Hosted by Tammy Patterson

at **The Gratitude Garden Farm** | *Loxahatchee, FL*

Reconnect. Reset. Rise.

Join us for a transformational experience in the heart of nature at the **Gratitude Garden Farm**, where healing meets harmony, and gratitude becomes your guide. Learn for yourself how the practice of gratitude will transform your life.

To live consciously means to be aware of every aspect of our lives-to move about in the world with purpose instead of aimlessly journeying through life. We use consciousness to make decisions about our lives and how we will treat others, nature, and the world around us. When we are conscious, we invite that subconscious part of us, our intuitiveness-the inner being, to awaken and participate in our lives. It also means that we become aware of any negative beliefs or thought patterns and actively release them in order to be our best selves. When we are conscious, we can live knowing that we control what happens in our lives and that we are creating a good life for ourselves with every thought, action, and with every belief.

✨ **Dates:** 3/27/26-3/29/26]

✨ **Location:** The Gratitude Garden Farm, Loxahatchee, Florida

Form **What Awaits You:**

- **Luxurious Glamping Domes** under the stars
- **Healing in Nature** — quiet moments in the gardens, beneath the palms and fruit trees
- **Daily Yoga, Meditation & Breathwork** to realign your body and mind
- **Powerful Sound Healing** sessions to restore inner peace
- **Drum Circle**
- **Healing Workshops & Experiences** guided by **Tammy Patterson** focused on:
 - Releasing stuck emotions
 - Establishing a daily gratitude practice

- Healing your energy
 - Reconnecting with your highest self

 - **About Your Stay at Gratitude Garden Farm:**
 - luxury domes (2 guests each) with: private dip pool, kitchenette, lounge chairs, selenite energy-clearing stations, Wi-Fi, projector, and wellness amenities
 - sauna
 - cold plunge
 - CrossFit-style gym
 - Fire pit
 - Bali swing for relaxation and photo moments
 - 5 outdoor private bathrooms (cleaned twice daily)
 - outdoor dining area, multiple lounge areas, hammocks
 - Recreational amenities: Pickleball court, bikes
 - Chef-prepared meals provided by Gratitude Garden - all meals are certified organic, plant-based. seed oil-free, and gluten-free
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Nourish Your Body

Enjoy **delicious plant-based meals**, thoughtfully prepared by our **retreat chef**, using ingredients **harvested right from the farm**. Every dish is designed to support your healing journey — fresh, vibrant, and made with love.



Why Join Us?

This is more than a retreat — it's a **sacred space to reset your nervous system, nourish your soul, and learn to live with intention and gratitude** every single day.

Whether you're seeking deep rest, emotional healing, or a spark of new energy in your life — you'll find it here.

Cost: \$1888pp double occupancy (\$888 non-refundable deposit due Nov. 1. Book by Oct 15 to receive a 20 min 1:1 session with Tammy. Final payment by Feb 15). 50% refund (minus deposit) between Sept 15- Jan 15).



Retreat Deposit Link



Retreat Participant