Individual Tickets

Lotus Wellness
and Consulting

Individual Tickets $2000

With purchase of exhibition table 20% off

Early bird special $999 If booked before 9/1/26

THE LOTUS METHOD™ LUXURY IMMERSION

Colorado Mountain Healing Experience

REST • RESTORE • RETREAT

“One extraordinary day that feels like a week of restoration.”



Heather Ogburn built, designed, and operated a 5 Star recovery treatment center in Texas for 12 years. Heather is:

- Certified IASIS Micro-Current Neurofeedback Provider,
- Certified Crisis Prevention/Intervention Instructor,
- Reiki Level II Practitioner and Holistic Healer,
- Trained Life Recovery Coach, ASK trained,
- Member of the National Society of Leadership and Success,
- Member of the International Association of Women,

And serves on the Board of Directors for the Angleton Chamber of Commerce and volunteers with the Grateful Americans Organization working with the PTSD Foundation helping Veterans heal from trauma.

Through her own life journey in overcoming the depths of addiction, Trauma, Depression, Infertility, IVF stress, Postpartum Anxiety, and other health complications, she has a personal understanding of the importance of holistic wellness.

She has been a dedicated force in the recovery and wellness community since 2011 and is extremely devoted to saving lives.

Retreat Speaker

Individual Tickets

Lotus Wellness
and Consulting

AN IMMERSIVE DAY OF HEALING

The **Lotus Method™ Luxury Immersion** is a transformational, full-day wellness Re-Treat set against the restorative beauty of the Colorado mountains. Created by **Lotus Wellness & Consulting**, this intimate experience brings together innovative wellness technology, holistic healing, nature, nourishing food, education, mindfulness, and meaningful human connection into one extraordinary day. Our purpose is simple: to create a space where people can step away from the demands of everyday life, regulate their nervous systems, reconnect with themselves, and leave with practical tools to continue their wellness journey long after the Re-Treat ends.

The Lotus Experience

Lotus Wellness
and Consulting

Guests experience approximately **12 hours of intentionally curated wellness**, including:

Mind & Nervous System

BrainTap • IASIS Micro-Current Neurofeedback • • Guided Meditation • Wellness Education

Body & Restoration

Red Light Therapy • Grounding • Nature Immersion • Massage & Holistic Modalities • Restorative Practices

Spirit & Connection

Group Reiki • Crystal Bowls • Guided Visualization • Journaling • Letting Go Ceremony • Animal-Assisted Healing

Nourishment

Farm-to-table breakfast, lunch & sunset dinner • Fresh Colorado berries • Cold-pressed juices • Herbal teas • Superfoods

The Lotus Experience

Lotus Wellness
and Consulting

MORE THAN A RE-TREAT

Every detail is designed to make guests feel cared for from the moment they arrive—from personalized itineraries, luxury welcome gifts and fresh florals to professional photography, concierge support and a closing Lotus Gratitude Ceremony. Each guest leaves with a **personalized wellness plan**, resources and tools to integrate what they experienced into everyday life.

Retreat Yourself to I AM

Health & Wealth

EXPO

SECURE YOUR SPOT WITH US TODAY! CONTACT US:

Greg Petri: 303-818-2460

greg@onebusiness.com

For Registration and details please visit:
https://go.onebusiness.com/health-wealth-2026

Retreat Yourself to I AM

Health & Wealth

EXPO

THANK YOU!

We are truly grateful