

Tamara Dalton, Best-Selling Author and Founder of Revitalize Souls, LLC, Announces Spiritual Retreats Starting May 2024

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[/EINPresswire.com/](#) -- [Tamara Dalton](#), a registered nurse, acclaimed best-selling author, and the Founder of Revitalize Souls, LLC, is now hosting transformative retreats for those searching for spiritual healing and understanding. Devoted to helping others grieve naturally, Dalton welcomes individuals seeking solace and healing after experiencing loss. Nestled in the serene environs of Lady Lake, Florida, this retreat offers a unique opportunity for individuals to embark on a journey of self-discovery and emotional rejuvenation, a chance to find solace and healing in a non-religious environment.

"We are all spiritual beings navigating the human experience," says Dalton. "Amidst loss and sorrow, it's essential to recognize our inherent resilience and the depth of our being beyond societal norms."

Dalton's retreats provide a welcoming environment for individuals to share an open and like-minded perspective on spirituality. Participants are invited to explore the essence of spiritual life and the interconnectedness of all beings while embracing the universal concept of creation.

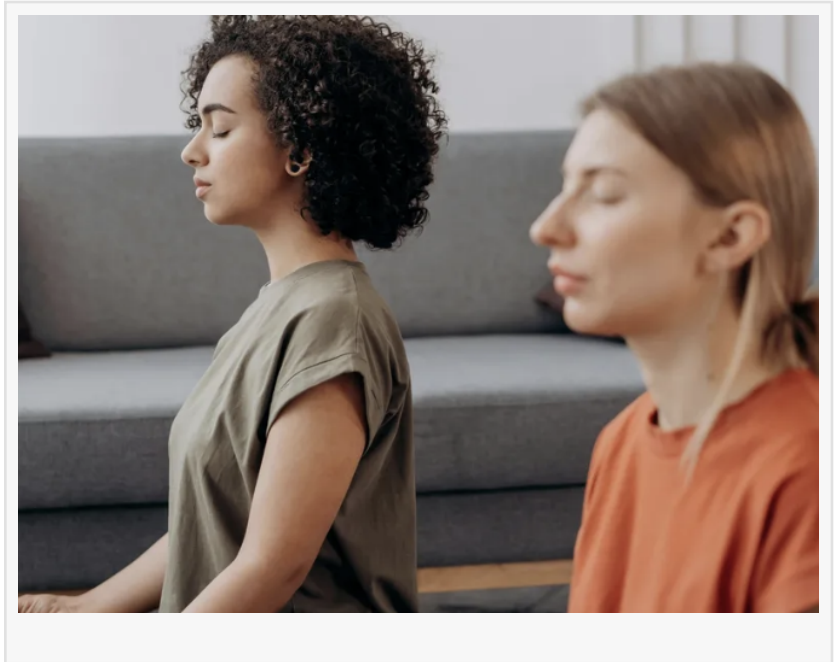
Attendees of the retreat will engage in transformative practices aimed at reconnecting with their higher selves and finding solace amidst grief. Through activities such as discovering one's spirit animal name and engaging in breathwork to release emotional pain, participants will uncover the power within to navigate the complexities of loss.

"Loss can evoke profound feelings of grief and despair," Dalton acknowledges. "At our retreat, we provide a supportive space for individuals to understand their journey, embrace healing, and ultimately, let go."



Tamara Dalton

Having experienced the profound pain of losing her children, Nicholas Dalton and Daniel Dalton, Tamara intimately understands the overwhelming impact of grief. Drawing from her strength and wisdom, she dedicates herself to supporting others in navigating through loss and emotional turmoil.



“Now more than ever, we are forced to confront death and dying in ways we never could have imagined. As a Registered Nurse with many years of experience, including 13 years in hospice and now a cardiac Nurse, I can tell you death is inevitable. However, death isn’t necessarily the final stop for our souls. After passing on, we move on to a higher plane – one which a spiritual medium like myself can access. I can tell you from my own experience with death I wouldn’t have made it if I weren’t a Spiritual medium and channeler,” says Dalton.

Tamara Dalton boasts extensive experience spanning decades in hospital settings as a Registered Nurse and Patient Case Manager. Beyond her medical expertise, she holds accreditation as a Certified Life Coach, delves into the spiritual realm, and fosters profound connections between individuals and the Universe.

With a wealth of wisdom accumulated over the years, including working for over a decade as a hospice nurse, Tamara specializes in steering individuals toward emotional, mental, and spiritual healing. Her approach involves personalized interaction and draws upon her published literary works, including the best-selling book “[The Art of Coping](#),” to aid individuals in realigning the harmony between their spiritual and physical selves.

For more information about Tamara Dalton and her metamorphic spiritual retreats, click here: www.tamaradalton.com

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