



KRISTY LAMARIANA

OUR MISSION IS SIMPLE BUT PROFOUND:
TO CREATE A SAFE, SACRED SPACE WHERE PEOPLE CAN
PROCESS GRIEF, RECONNECT WITH THEMSELVES, AND
REMEMBER THE DEEPER TRUTHS OF WHO THEY ARE.



OUR VISION IS TO SHIFT THE CULTURAL NARRATIVE
AROUND GRIEF AND LOSS BY OFFERING SOULFUL,
PERSONALIZED SUPPORT ROOTED IN COMPASSION,
PRESENCE, AND SPIRITUAL WISDOM.



CORRALES GRIEF SPA

STAY. HEAL. GROW.



BEGIN YOUR JOURNEY
- CALL TODAY -

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SUPPORTED BY
THE O'WAKEN FOUNDATION - 501(3)(C)

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STAY. HEAL. GROW.



A SANCTUARY FOR
HEALING THE SOUL



CUSTOMIZED SOUL CARE FOR GRIEF,
LOSS, AND LIFE'S TRANSITIONS

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“What we believe determines how we grieve.”

— Kristy LaMariana

CORRALES GRIEF SPA: A SANCTUARY FOR HEALING

Corrales Grief Spa is a tranquil retreat nestled along the Rio Grande in Corrales, New Mexico. It offers personalized care for individuals navigating grief, loss, and life's transitions. The spa provides a serene environment where sorrow is acknowledged, stories are honored, and healing is gently guided through rest, ritual, and reflection.

At the heart of Corrales Grief Spa is **Kristy LaMariana**, a grief and spiritual guide who brings over two decades of experience in end-of-life care, integrative healing, and therapeutic support. With compassion and deep presence, Kristy offers a range of therapeutic modalities including Reiki, clinical hypnotherapy, guided imagery, expressive arts, and O'Waken Yoga.

These services, grounded in both clinical insight and spiritual tradition, are thoughtfully tailored to meet each guest with care and reverence.

THERAPEUTIC MODALITIES FOR MIND, BODY, AND SPIRIT

Corrales Grief Spa offers a range of **therapeutic modalities** designed to support the full spectrum of the grieving experience. These healing approaches include Reiki for energetic balance, clinical hypnotherapy to access deep inner insight, guided visual imagery for emotional clarity, and expressive arts to safely explore loss through creativity.

Guests may also experience O'Waken Yoga, a gentle practice of mindful movement and breath, or receive nurturing touch through intuitive bodywork. Each modality is offered with compassion and intention, creating space for reflection, relief, and renewal at every stage of the healing journey.

STAY

Find rest in our peaceful, private accommodations—designed with intention to hold your grief gently. Whether you need a quiet night to reflect or a multi-day retreat to reset, our serene setting by the Rio Grande invites stillness, safety, and renewal.

HEAL

Allow yourself to be seen, supported, and soothed through one-on-one sessions with compassionate practitioners. We offer Reiki, clinical hypnotherapy, guided visual imagery, and other therapeutic modalities tailored to your personal experience of loss. This is a space where your story matters, and your healing unfolds at its own pace.

GROW

Step into transformation through custom retreats and group workshops that nurture connection, insight, and spiritual restoration. Whether through shared ritual, expressive arts, or sacred quiet, you'll find space to grow gently alongside others walking a similar path.

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