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**Subject:** Seeking Sanctuary for Soul Renewal & Beginning My True Journey

**From:** Nuha Sayegh <[nuha@recovery-compass.org](mailto:nuha@recovery-compass.org)>

**To:** [info@ojairetreat.org](mailto:info@ojairetreat.org)

**Cc:** Eric Jones <[eric@recovery-compass.org](mailto:eric@recovery-compass.org)>

**Date Sent:** Friday, October 31, 2025 12:03:54 PM GMT-07:00

**Date Received:** Saturday, November 1, 2025 11:56:25 PM GMT-07:00

Dear Ojai Retreat Team,

I am writing with a wish that, after so much pain and struggle, maybe my story finds its turning point at your beautiful inn.

After decades of surviving abuse and family control, I am finally breaking free not just for myself, but for my young daughter who deserves to see a future built on courage, hope, and true self-respect. My family has disowned me for escaping an arranged marriage, but I am determined to end this legacy of trauma. For the first time, I am choosing a new foundation one I build for myself, on my terms.

I am a forty-year-old woman embarking alone on this journey, and I need a place where healing is honored, where conversations spark new ways of thinking, where art and nature help me rediscover what's good and possible about life. I am raw, and I am ready not expecting everything to be magically better after a weekend, but desperate for a head start, the building blocks for who I will become next.

Your retreat looks like sanctuary. I am hoping you might have a private room for a solo traveler starting tonight (for a four-night stay). Even more, I am searching for guidance, connection, wise and creative people, gentle support, and any workshops or sessions that open space for reflection and learning new emotional tools. Even a soulful walk in your garden or an inspiring conversation would mean the world to me right now.

I want to learn how to learn, not just survive. I want to know myself apart from everyone else's expectations. I want to show my daughter what freedom, respect, and hope look like.

If this email lands with you, I would be deeply grateful for any recommendations, room availability, or introductions you can offer. I am ready. Please let me know what is possible.

Thank you from the depths of my heart for even reading my story.

Nuha

310-384-8404

626-348-3039

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**From:** Nuha Sayegh <[nuha@recovery-compass.org](mailto:nuha@recovery-compass.org)>

**To:** [info@ojairetreat.org](mailto:info@ojairetreat.org)

**Bcc:** [eric@recovery-compass.org](mailto:eric@recovery-compass.org)

**Date Sent:** Friday, October 31, 2025 12:05:46 PM GMT-07:00

**Date Received:** Friday, October 31, 2025 12:05:59 PM GMT-07:00

Dear Ojai Retreat Team,

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Warmly,

Nuha

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