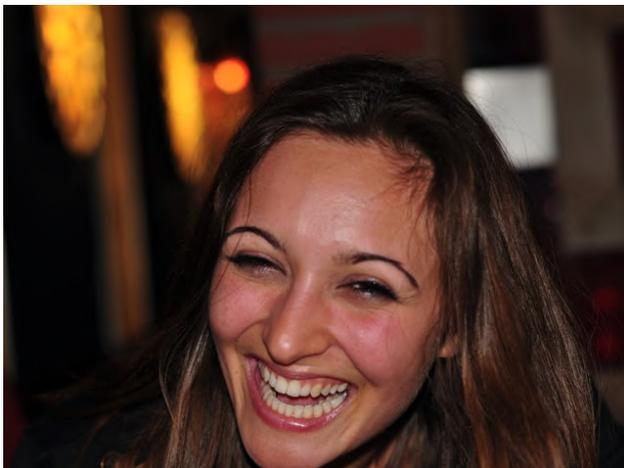




**CONNECT TO THE WISDOM WITHIN
ONLINE RETREAT 5TH & 6TH OF JUNE 2021**



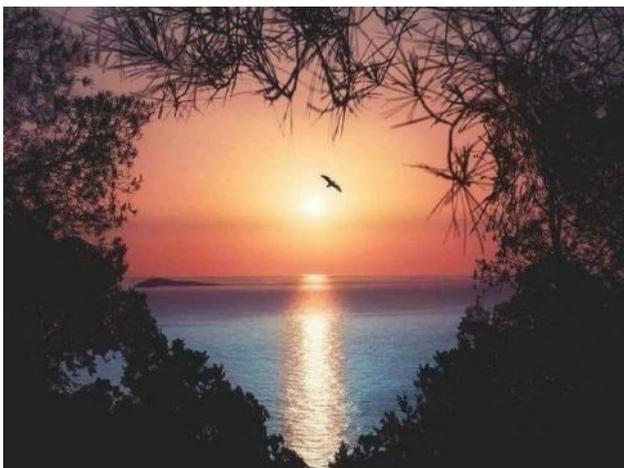
YOUR ITINERARY



**DAY 1 - 8AM - 9AM
SELF FORGIVENESS &
MEDITATION**

Our retreat begins with the lovely Anna.

About: I spent 2 decades in darkness. Constantly wondering what this life was really all about beyond suffering and trying to fight off the urge to end it all.



All of that changed almost three years ago when I took a look inside. I identified the limiting beliefs that were holding me back from living my best life and made some major life changes. I quit drinking and smoking and started learning, growing, and living a much happier life. In this Self Forgiveness workshop I will guide you through several visualization exercises and meditations to help you release beliefs about yourself that no longer serve you. It is my hope that you will see the beauty within yourself and realize you are perfect exactly as you are.

10AM - 11.30
SOUND HEALING WITH VANESSA



Sound healing with Vanessa - About: I am Vanessa Holliday. An intuitive Creatress at heart weaving a tapestry of sound, vibration, feminine wisdom and sonically channeled voice. My wish is to move humanity with my art and to offer the world something beautiful that will always be remembered.

I work mainly with women as a Feminine Coach, Astrologer and Sound Therapist. I believe all women are powerful, we are being called to rise and connect with our feminine spirit within. Somewhere along our journey we have forgotten this deep knowing. This is where I come in to act as a guiding anchor assisting women to remember their true nature.

In my offerings, you will experience the feminine spirit through a pure love vibrational frequency, that is transmitted through a tapestry of clear sound interwoven with my sonically channeled voice, to harmonize your constitution and bring it into full resonance with your deepest self. My wish is to bring you into alignment with your true nature and natural self so that you can become more empowered in the feeling of being aligned with the vibrancy of your essence that is uniquely YOU!



1PM TO 3PM AWAKENING TO YOURSELF - JOURNALING WORKSHOP WITH MEGHAN



Dr. Meghan Davidson is a Licensed Psychologist, Certified Daring Way™ Facilitator (the work of Brené Brown), and a Certified Yoga Teacher. Having provided counseling, therapy, and coaching to individuals, couples, and groups for 20 years, Meghan has honed her expertise in the areas of trauma, relationships, grief, women health, body image, vulnerability, authenticity, self-compassion, and recovery.

She has trained with Dr. Brené Brown, and has developed expertise in both trauma-informed yoga and grief yoga. Meghan earned her Ph.D. in Counseling Psychology from the University of Missouri-Columbia in 2005, was a professor at the University of Nebraska-Lincoln for the last 13 years, and is now owner of Love Warrior Healing. Bridging the domains of psychology and yoga, Meghan works with her clients in a holistic manner, utilizing aspects of mind, body, and spirit to assist individuals to enhance their emotional, psychological, and physical health so that they may live their best life.

Now, more than ever, we need to get centered and connect with ourselves. We need time, time to tap into our emotions, our thoughts, and our full experience. Through the art of writing, we will take time to tune in deeply, and to use journaling as a way of processing our inner experience. We will practice self-care through being with our authentic selves and expressing ourselves on the page. We will focus on our authenticity and stepping into our truest selves.



4PM - 5PM HEART OPENING BREATH WORK WITH MELISSA



The music starts, you begin breathing, one conscious connected breath after another as Melissa guides you from your everyday, ordinary world of busyness, stress, and overwhelm into an extraordinarily deep altered state of consciousness where you will tap into the superpowers of your breath.

You will be surprised. You will be delighted. You will say "Holy Shit! what was that!"

This is an entirely new level of using your breath to access insights, remove subconscious programming, knock out limiting beliefs, and connect to something beyond you, all without any external substances.

It's all within you. Let Melissa guide you to it.

Melissa Saubers, Breathwork Facilitator, will guide you and your group through a 40-minute therapeutic breathwork journey. We'll start by setting intentions for your journey, then end with integration and grounding.

Breathwork is an active meditation where you use your own breath in a specific pattern to theoretically disconnect your mind from your body helping you drop deeply into a meditative non-ordinary state of consciousness. Using breathwork is one of the quickest ways to change your state of being and is a natural remedy for stress & anxiety. It can help you develop a greater sense of awareness, connect to your own internal guide, and release stuckness in your body.

About:

Hi, I'm Melissa, I'm a Wellness Coach, from Kansas City, Missouri. I've been living authentically alcohol-free since June 9, 2016. Using breathwork, hypnotherapy, meditation, and coaching I help you remove the conscious and subconscious blocks that are holding you back from being the highest expression of your most authentic self. And I create multiple ways for you to connect with like-hearted people along the way including but not limited to expansive healing retreats, unique events, programs, courses, classes, and group coaching.

6PM TO 7PM MEDITATION WITH SHANAI



To close our beautiful day, Shanai will take us through a lovely meditation. Come prepared to be guided in a visual meditation inward to release old thinking patterns and step into your truth and inner wisdom.

About Shanai: My name is Shanai Olson. I am here to switch up the game! I have a strong desire to share my experience and growth in re-creating the way we CHOOSE to live and how we can learn to manifest our dream reality. I am a Licensed Massage Therapist, Integrative Health Coach and Certified Meditation Teacher. With over 20 years spent studying the body's' function and movement, the minds' power and limitations and the souls' capacity, I have become a 'trust fund baby of the Universe' in a way of Experiences, which have helped me grow, transform and launch into a new powerful way of living.



DAY 2 8AM TO 9AM MELISSA THE SPIRITUAL MISFIT

Tapping into the Divine Feminine Workshop.

About: Melissa is a Transformational Coach and Reiki Master and all round spiritual bad ass, her passion is helping women rise up and evolve into who they were born to be.

This is AN INVITATION TO RISE, A CALL TO THE LIGHT! Our world is moving fast and we are struggling to stay connected with ourselves and one another. Come and experience the magic that happens when women gather, open your heart, uncover your essence and get in touch with your divine Feminine. We will reconnect with our wisdom, beauty, instincts, compassion and creativity to gain access to your deepest passions and desires. If you are yearning connection, if you know that there is more of you that you would like to uncover, then this is for you! A world of possibility awaits.



10AM TO 11.30 VOICE LIBERATION WITH NEDA BOIN



About Neda: Neda Boin is a singer songwriter with half Dutch, half Persian roots, born and raised in The Netherlands. From an early age, Neda was using her voice to communicate a message with people all over the world. Neda means 'Inner Voice', in Farsi, her mother's language. "I think this name was given to me for a reason. With my music I want to remind people again of our own Inner Voice, our own internal teacher, that is always present, reminding us that we are loved, whole and innocent."

"Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it" – A Course in Miracles

With Voice Liberation we do exactly that; going deep within our unconscious mind to liberate the blocks we have built against the love we truly are. We have a very powerful tool for healing inside of us; our very own voice! No matter whether we believe we have a great voice or not, our voice has the powerful ability to bring up the root of where you feel stuck. During the Voice Liberation sessions there will be a safe space for our unconscious blocks to rise to the surface, where they can be transformed and healed.

There are absolutely no singing skills needed. All that is required is a desire to be free. Voice liberation is not about singing beautifully, even though I personally feel that when we use our voice from an authentic place within ourselves, where only Love abides, it is inevitable that our voice will touch many hearts...

1.30PM TO 2.30PM MELISSA THE SPIRITUAL MISFIT

Our second session with the lovely Melissa Romero - We will focus more on Self Care in this workshop, this is super important as we can't give what we haven't got. Self care is not selfish, self care is necessary to keep your body and your soul alive and well. Self care is more than taking care of your body, it's taking care of your mind, your emotions and every part of yourself. Taking time to nurture yourself is critical for your well-being, and it's hard to take care of others close to you if you do not first care for yourself. Taking care of yourself is not a sign of weakness, but a sign that you have the inner-strength to give your body what it needs to feel nourished, loved and cared for.

3PM - 4PM BREATH WORK SESSION WITH MELISSA

Our second session with the lovely Melissa - Breathwork is an active meditation where you use your own breath in a specific pattern to theoretically disconnect your mind from your body helping you drop deeply into a meditative non-ordinary state of consciousness. Using breathwork is one of the quickest ways to change your state of being and is a natural remedy for stress & anxiety. It can help you develop a greater sense of awareness, connect to your own internal guide, and release stuckness in your body.

4.30 PM - 6PM FINAL CLOSING SESSION WITH SHANAI - ENERGY HEALING AND CARD READING

Shanai will close the retreat with a tarot card pull to set the stage for the healing Reiki session to cleanse your energetic field, followed by a closing ceremony with time for any Questions you may have" Get ready to Zen out for the last time.

