



The Autumn Goddess Retreat



Gathering yourself... The 3rd of a Series of 4 Transformational Retreats

Leave feeling joyful, relaxed and inspired!

When: Thursday October 2nd 6.00-9.30pm

Where: The fabulous Eklektica Art Gallery, 568 Seymour St, Vancouver, V6B 3J5.
(On-street meter parking as well as BCIT parking lot opposite)

Admin: Numbers strictly limited. Register early to guarantee your spot!

How to pay: Your self-care investment is just \$95 (or \$175 for two).
Pay by Paypal (debit/credit card or Amex) on the [Events page](#) at www.simplicitylifecoaching.com

Included: Light refreshments, soul exercises, handouts and surprise gift!

Bring: Yourself, a yoga mat & a notebook or your journal!

HOW TO KNOW IF THIS GODDESS RETREAT IS FOR YOU?

Does the idea of combining relaxation, friendship and inspiration while re-discovering YOUR inner goddess sound like your thing? Then this retreat is for you!

- A sacred space for you to connect with fellow goddesses through enlivening, enlightening and inspiring discussion
- Precious time and exercises to self-reflect and re-connect with the real, authentic, fabulous you!
- Crystallize your learnings from the year - what to embrace and what to let go...
- Creative visualization to help you deeply relax, de-stress and become more grounded in who you are!
- Handouts and a surprise gift you're going to love!

How the event unfolds: (this is an approximation to give you an idea of timing only)

- 6.00-6.30pm** - Arrive, collect your flower & meet fellow Goddesses
- 6.30-7.00pm** - Welcome, grounding meditation and introductions
- 7.00-7.30pm** - Self-discovery exercise and reflection on your selected Goddess
- 7.30-8.00pm** - Break & light refreshments
- 8.00-8.30pm** - Creative visualization/soul journey and relaxation!
- 8.30-9.00pm** - Speaking Stone Exercise - what to embrace and what to let go...
- 9.00-9.30pm** - Thank-you ritual, inspirational reading, wrap-up, next steps, draw!



Brought to you by Britta Englisch, Retreat Leader & Emma-Louise Elsey of Simplicity Life Coaching.



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