

The Spring Goddess Retreat

Planting the seeds for change...
The First of a Series of 4 Transformational Retreats

Leave feeling refreshed, relaxed and inspired!

When: Thursday April 24th, 6.00-9.30pm

Where: The fabulous Eclektica 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 \$85 (or \$150 for two).
Pay by Paypal (debit/credit card or Amex) on the [Events page](#) at
www.simplicitylifecoaching.com

Included: Light refreshments, handouts, surprise gift!

Bring: Yourself, a yoga mat & a notebook or your journal if you have one!

HOW TO KNOW IF THIS GODDESS RETREAT IS FOR YOU?

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

- A sacred space for you to connect and share with fellow goddesses
- Enlivening, enlightening and inspiring discussion
- Precious time and exercises to self-reflect and re-connect with the real, authentic, fabulous you!
- Creative visualization to help you relax, de-stress and become more grounded in who you are!
- Identify new daily habits and positive personal affirmations to nurture and cherish your goddess within
- Handouts and a surprise gift you're going to love!
- Follow-on support with your network of fellow goddesses through an introductory post-retreat group coaching call.

How the evening unfolds:

6.00-6.30pm - Arrive, refreshments, collect your flower and fun, exercise to meet your fellow goddesses

6.30-7.00pm - Welcome, introductions and connecting/sharing

7.00-7.45pm - Self-discovery exercise, reflection on your spring object

7.45-8.00pm - Break, refreshments & collect your personal tree horoscope!

8.00-8.20pm - Creative goddess visualization, relaxation!

8.20-9.00pm - Your healthy habits, rituals and positive affirmations

9.00-9.30pm - Thank-you ritual, reading, wrap-up, next steps, draw!



BRITTA ENGLISH
Retreat Leader
www.coachbritta.com

Any questions to:
Britta at info@coachbritta.com or
Emma at emma@simplicitylifecoaching.com

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