

The Summer Goddess Retreat



Celebrate your life...
The 2nd of a Series of 4 Transformational Retreats

Leave feeling joyful, relaxed and inspired!

When: Saturday June 21st 9.30am-1.00pm

Where: The Quarterdeck Room at The Granville Island Hotel.
1253 Johnston St, Vancouver, V6H 3R9

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, 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 with 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!
- Creative visualization to help you relax, de-stress and become more grounded in who you are!
- Identify and set an intention to nurture and cherish your goddess within
- Handouts and a surprise gift you're going to love!

How the event unfolds:

9.30-10.00am - Arrive, refreshments, collect your flower & meet fellow Goddesses

10.00-10.30am - Welcome, grounding meditation and introductions

10.30-11.00am - Self-discovery exercise, reflection on your selected Goddess

11.00-11.30am - Break & light refreshments

11.30-12.00pm - Creative visualization and relaxation!

12.00-12.45pm - Trail of Beauty and set your goddess intention

12.45-1.00pm - Celebration ritual, reading, wrap-up, next steps, draw!



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



BRITTA ENGLISHCH
Retreat Leader

www.coachbritta.com

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

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