



## Ladies only retreat

There are times in life where you just need a time out.

Maybe you are facing a crisis, a life changing challenge, need a new orientation or you just feel there must be more. Time for a ladies only retreat. Awakening the feminine intuition is an awakening of the wisdom of body and soul, might as well be a spiritual awakening.

The ability to ride the waves of sorrows and pleasure without getting lost in either is a process and a learnable skill.

Our attitude and ideas about life have a powerful influence on us, which is mirrored by our bodies.

Mental, physical and emotional balance and

flexibility is important for an attractive and charismatic appearance and a radiant health.

This Retreat is at the pulse of today's new consciousness

Exercises from the areas of yoga and dance are combined with meditation, sharing, professional counseling and relaxation techniques, giving a special emphasis on the needs of women in midlife.

This Women Empowerment Training supports women to acquire new and positive attitudes and visions for their lives and gives as well space for just to be together and enjoy the beauty of life and sisterhood,

Meet the sophisticated woman in you, meet the wild beast in you and let them come alive.

What you might expect

- Discover the empowered, wild and wise woman in you
- Learn to listen to your female intuition
- Improved relationships with yourself and your soul
- A deeper sense of your life purpose and the timeless wisdom
- Easy to learn techniques for stress relief and well being.
- deeply relax your body, find inner peace
- Learn about an ageless lifestyle
- Meet new and old best girlfriends!
- Have a lot of fun!

Accompanied by

**Sylvia Leela Isani**

Leela is a certified Holistic Healer, Reikimaster and a spiritual Coach and Lifestyle & Stressmanagement Facilitator. She is as well trained in psycho-spiritual Care for the Dying, Trauma Healing and Energywork.

Since more than twenty years she is giving seminars and counselings, she as well wrote several books and articles on Lifestyle and Self inquiry especially for women.

She lived and studied with well known spiritual teachers in India and loves to share her wisdom on retreats, seminars and journeys specially designed for women.

Her strength is to touch people's heart deeply and to encourage them to reconnect with their own Self on the move towards an ageless and fulfilling lifestyle.

She is Managing Partner of SELF the Empowerment Company Germany

[www.self-company.com](http://www.self-company.com)