



## RECOVERY PROGRAM

### RESIDENTIAL IMMERSIVE ONE ON ONE RETREAT

This tailored program is carefully crafted to aid in your mental and physical realignment following intensive surgery and traumatic experiences. It is not only designed to remove any current life limitations from your mind but also to help you create a personalized, health-conscious routine that matches your unique needs. Additionally, it will be adaptable to your daily progress, ensuring a customized experience. After completing this comprehensive two-week, round-the-clock program, you will acquire a robust set of tools to confidently continue on your own, feeling secure and self-sufficient.

#### *THE RETREAT and its benefits?*

During your residential retreat, you will have access to comprehensive nutritional and well-being consultations, where we address any concerns you may have. Our discussions cover a wide spectrum of body and mind health topics, from managing anger issues to optimizing your daily diet.

Our program includes:

1. Establishing a sustainable and healthy daily routine for your post-retreat life.
2. Enjoying outdoor activities like park walks, lake swimming, tree climbing, and bicycling.
3. Daily Yoga and Meditation sessions to cultivate a peaceful mindset.
4. Breath work exercises to enhance mindfulness and reduce stress.
5. Guidance on food choices and nourishment, including market selection and product suitability.
6. Strategies for managing stress, anxiety, doubts, and fears.
7. Overcoming various pains, beliefs, and behavioural patterns.
8. Elevating consciousness and fostering self-awareness.
9. Building self-love, trust, and confidence.
10. Coping with issues related to toxic relationships and addressing challenges with teenagers and partners.

*In summary, our retreat is a journey of self-discovery, helping you uncover and embrace the best version of yourself. We focus on every aspect of your well-being, from your physical body to your inner mind, empowering you to find freedom and love in all areas of your life.*



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Penelope will be by your side, offering her unwavering attention and support throughout this immersive program, starting from breakfast and extending beyond dinner. As an exceptionally proficient quantum coach, Penelope's expertise goes beyond providing you with the necessary tools for recovery; she will also empower you to continue flourishing long after the program concludes.

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#### THE TOOLS

Our program incorporates a variety of powerful tools to support your recovery and growth:

1. **Yin Yoga with Iyengar Alignment:** We are using Yin Yoga techniques infused with Iyengar principles to promote physical and mental alignment, flexibility, and well-being.
2. **Enneagram Exploration:** The Enneagram system helps you explore your core essence and identify any limiting patterns or behaviors, offering valuable insights for personal growth.
3. **Intuitive Eating Guidance:** We provide guidance on intuitive eating, allowing you to develop a healthier relationship with food and make choices that align with your body's needs.
4. **Relaxation Techniques:** Our program includes relaxation sessions aimed at reducing stress, promoting mental clarity, and fostering a sense of calm.
5. **Interactive Talks and Workshops:** Engaging discussions and workshops on various topics facilitate learning and personal development.
6. **Breathing Practices:** We incorporate breath work exercises to enhance mindfulness, improve mental focus, and reduce anxiety.

These tools, combined with our comprehensive program, are designed to empower you on your journey of recovery, healing, and growth during your residential retreat.

GET A QUOTE

*I am greatly anticipating the opportunity to guide you through your personal journey. Embarking on this incredible path is a wonderful experience, and having the support of a trusted coach makes each step all the more fulfilling.*

*Penelope Hardy*