

EXPLORING THE FEMININE PSYCHE EMPOWERING THE MATRIARCHAL SPIRIT

10 - 17 FEBRUARY 2023

Starting at THB 26,900++ / night / person

Composed by an award-winning master coach and wellness leader - directed and presented by a female-centric team!

This life-evolving retreat will include experts in psychotherapy, sexology, integrative healthcare, naturopathy, plant-based cuisine, nutrition, drumming experiences, digestive health, exercise, movement, breathwork, yoga, traditional-Thai medicine, supportive Cannabis elixirs, massage, bodywork and beauty-focused care.

A place where women can meet and share together with a tribe of impassioned and evolving souls. The retreat will provide a safe space to explore deep biopsychosocial needs, and empower the mind, body and spirit with the knowledge and skills to live a more resilient, accomplished and masterful life.

The aim is to escape, revive and build expansively, with supportive and educational programs. Expert practitioners will help guide the experience. While shared wisdom and life-stories with fellow attendees will add enormous value to the range of programs offered in the retreat. Specific recognition will be given to hormonal issues, including PMS, PMDD (premenstrual dysphoric disorder), and menopause.

Numbers are limited ~ early sign-up recommended!



LED BY INTERNATIONAL EXPERTS

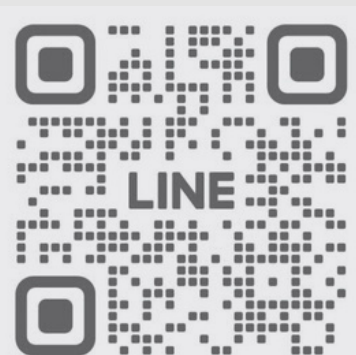


CONTACT US

T : +66 (0) 76 580 333

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EXPERTS BIO

NATUROPATH / NUTRITIONIST



HEIDI HOGARTH

Heidi is an Australian-trained naturopath and advocate of body-mind medicine. Her work is focused on balancing the body's biochemistry and empowering a deep sense of mental and emotional wellbeing. Heidi teaches a range of skills to balance our health, enabling the seamless inclusion of healthy eating, self-care and good lifestyle choices into our daily routines - so it feels easy, natural and joyful.

Heidi has worked closely with people struggling with premenstrual dysphoric disorder (PMDD), a severe form of premenstrual syndrome (PMS). Through this work she has developed an excellent understanding of women's hormonal health, and is on a mission to support women with a range of difficulties that relate to hormone-function.

PLANT-BASED NUTRITIONIST AND CHEF



SAMANTHA
HÄBERLI

Samantha is a restaurateur, nutritionist and plant-based chef. She is the founder and owner of the beautiful 'Earthling' restaurant and health-centric gathering space in Bangkok. Her taste creations are an eclectic mix of cuisines, from Mexico to Thailand; creating foods that use natural, ethically-sourced and unprocessed ingredients, high in nutritional value and low in sugar, unhealthy fats and additives.

Samantha will create the menu, lead the cuisine-team in the food preparation, and teach retreat guests the wonders and skills in preparing, cooking and serving a range of vibrant and healthy foods.

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EXPERTS BIO

PSYCHOLOGY / SEX THERAPY

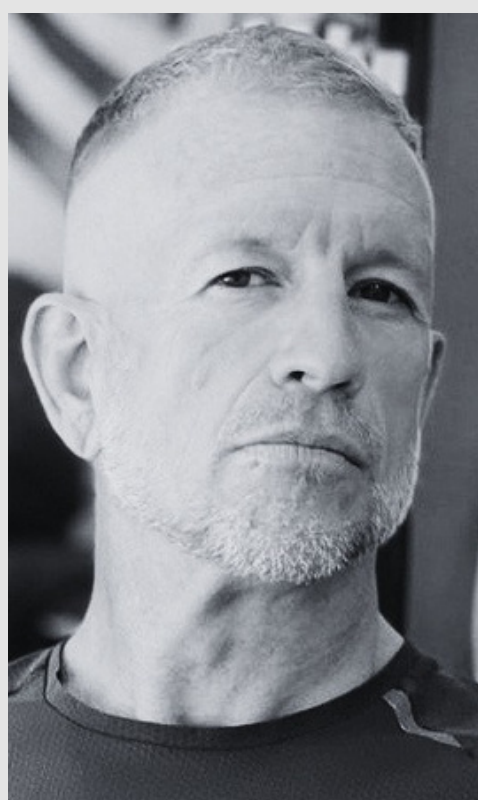


DR. DEBBIE
LOVELL

Debbie is a practitioner psychologist in London, working in-person at her clinic in Harley Street and online. She holds a doctorate, professional qualifications, and multiple masters degrees in exercise science, psychology and sex therapy. For much of her adult life Debbie worked in private medical practice in Hong Kong and appreciates the needs of a diverse group of multicultural clients.

She is passionate about the integration of psychology and biology in her programs, and has worked extensively with stress, anxiety, pain, disrupted sleep, eating disturbances and sexual difficulties. Debbie will be available to support the retreat on a remote basis, with an online presence.

RETREAT LEADER / MIND-BODY COACH



BRYAN HOARE

Bryan is an award-winning coach and therapist, with thirty years experience in health and wellness. He holds doublemasters degrees in exercise & nutrition science, and human behaviour & leadership. Bryan has led wellness programs, expert healthcare teams and projects in luxury resorts, private-clubs and hospitals across Asia and the Middle East.

He has helped thousands of people develop their potential, supporting recovery from cardiovascular disease, diabetes, obesity, persistent musculoskeletal pain, stress, and depression; as well as guiding people to reach peak athletic performance, and develop deep mental focus - including Olympians and World Champion athletes.

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