




ALIVENESS RETREAT

reWild. reLease. reBalance.

RETREAT IN BALI 25.04.2024-29.04.2024
HEART OF BALI

A person is standing on a wooden deck, looking out over a vast, green valley. The deck is made of dark wood and has a few items on it, including a blue box and a wooden stool. The background shows rolling hills and mountains under a clear sky. The text is overlaid on a dark rectangular background in the center of the image.

*reWILD your soul
reLEASE your emotions
reBALANCE your body
become fully ALIVE*



A UNIQUE PACKAGE

reWILD

MAGICAL EXPERIENCES

This is the ingredient that spices up the retreat. There will be Kundalini Awakening Sessions, special ceremonies, rituals and a festive surprise celebration. This part of the retreat really goes beyond words. It's pure magic. It's where you reWild your soul and simply feel truly ALIVE.

reLEASE

ENERGY WORK

There is no aliveness without first releasing all the things that make you feel numb. In this part of the retreat we go deep. Deep into your old self, your stuck emotions, your unconscious behaviour patterns.

reBALANCE

NATURE | FOOD | YOU-TIME

You will spend 5 days in an exclusive Balinese eco-resort, in the middle of nature. Traditional wooden rooms & lush views overlooking the island. Vegan food freshly picked from the resort garden for maximum energy, nourishing and rebalancing your body. You will have plenty of time to spend on your own or to connect with the group. We carefully ensure a good group energy and room for growth.



THIS IS FOR YOU IF...

- You are currently **facing challenges** in your life that need to be addressed and **resolved on a deeper level**. A level that touches your mind, body and soul.
- You are in a transformational stage in your life and **seek reconnection** to/from yourself and like-minded people.
- You possess a strong **desire for self-realization**, expansion of consciousness and connection.
- You are curious and thirsty for experiences that make you **feel FULLY & TRULY ALIVE**.

This opportunity is ideal for individuals who yearn for a transformative shift in their spiritual journey AND in every other aspect of their lives. If you're truly prepared to take on this challenge alongside us and harness the collective support of our group, then this is tailor-made for you.



WHAT WE STAND FOR

Our Vision



Aliveness Retreat

Reconnect with yourself, nature and the universe. Awaken to your full aliveness.

Surrender to life. Experience union.

Remember who you truly are without all the layers that don't serve you. Who are you deep inside? Pure light. Pure consciousness.



Aliveness Retreat

This Retreat is co-created by Mona & Patrick:

Both souls have met and joined forced to transcend the cycle of human life & existence.

They embarked upon a courageous journey to transmute and manifest a conscious living purpose.

An existence imbued with profound significance, unifying aspirations and following the true evolution of their souls.

An existence that harmonizes the spheres of well-being, energy, spirituality and divine essence.

An existence that embraces all aspects of our ALIVENESS,



THE CORE TEAM



Mona Hassan (Main Host)

With roots in Korea and Egypt Mona has always felt a strong connection to ancient wisdom. After 10 years in the corporate world her awakening journey started when she became a professional coach. Her Kundalini Awakening in March 2021 put her entire life upside down. It was her wakeup call and her life's calling at the same time. Coaching, Kundalini Awakening and Astrology are now the main 3 ways how she helps people develop as person and evolve as soul.

Mona's mission is to help people to re-WILD, untame and decondition themselves to feel fully ALIVE again. She is a bridge builder - connecting and embracing what seems to be paradoxes. Business + Spirituality. Ancient Wisdom + Modern Life. Death & Aliveness. The union of these is where the magic lies. Non-duality. Oneness.

Patrick Guerin (Main Host)

Originally from France, Patrick began his transformative spiritual journey with a deep personal development, reaching higher vibrational level, Energy healing work, Kundalini, sound healing, Shamanism and Tantra, working alongside Energy Master from Europe, Indonesia & Russia, along living and training his emotional intelligence with energetical family system & spiritual coaching. Patrick has walked himself home to a based conscious energy and continues his own growth while passing this onto others through his own 1 on 1 Energy practices, in Vienna, Austria.

Patrick is now a creating a world where it is safe to remove the conditions of society and decondition projected beliefs for us to live in our authentic energy. His mission is to take energy awareness to a high conscious state of living.



THE NUTRITION



From Garden to Plate (Vegan & Vegetarian Cuisine)

The resort focuses on serving organic, fresh whole foods, directly from the garden to the table. They grow around 50 varieties of wild fruits and vegetables that you can enjoy moments after harvesting. The dishes are vegetarian & vegan, deliciously home cooked, served in a traditional Indonesian way.

The team will be delighted to spoil you with these wonderful, yummy local delicacies.

WHAT'S INCLUDED

reWORLD reLEASE reBALANCE

- **5 days/4 nights in traditional Balinese rooms**
- **All meals & afternoon drinks** - freshly cooked vegan breakfast/brunch, dinner by the resort chefs
- **Daily Kundalini Awakening Sessions**- maximum outcome guaranteed, because of small group size (max. 15 pax)
- **Morning energy practices** - mindfulness meditations or similar activity
- **Evening experience sessions** - special ceremonies, rituals and a festive surprise celebration
- **Group energetic constellations** - energetically resolving your personal issues in a group setting
- **An unforgettable and life-changing experience with like-minded humans**

BONUS:

- 1x V.I.P. energetically charged **SURPRISE GIFT**

- **EXCLUDING** arrival to and departure from location

SAMPLE AGENDA

08:00-08:30	Morning Energy Practice or Meditation
08:30-10:00	Kundalini Awakening Session
10:00-10:30	Reflection
11:00-13:30	Brunch/YOU time
13:30-14:30	Energetic Constellation
14:30-16:00	Group Coaching Exercise & Reflection
16:00-16:30	Afternoon Break
16:30-18:00	Evening Experience Session
18:30-20:00	Dinner/YOU time
20:00-21:00	Optional Evening Meditation

This is a sample agenda. Time slots may vary slightly from day to day and can be adjusted as needed.

Experience Sessions

You Time

Each evening we will have an extraordinary session that will provide lasting experiences and support your transformation in a completely different way. We will have a: cacao ceremony | ritual to let go | energy session | festive closing evening with ecstatic dance

This is time for YOU. You can use it to go within, relax, be on your own, go for a walk or be in the community space. Whatever refills your batteries. You decide what you want to do during this time.

MAGICAL LOCATION





ROOMS

Connected to Earth

Located in the heart of Bali, on the ancient volcano, this is a biodynamic farming resort in the middle of nature with breathtaking views over the entire island.

Your Traditional Balinese room accommodates comfy beds with private bathroom and a view over the jungle of the island.

This is a location tailor made to create an intimate and earthy living vibe.

Everything is within reach, a common area to hang out as well as a spacious lounge for dining.

Detox your body with unlimited fresh water filtered by the volcano and nourish your soul by growing deeper awareness of both your inner and outer worlds in this magical place.



THE SHALA



INVESTMENT

REGULAR

Pay in full

1900€

EARLY BIRD

Pay in full

1500€

Ends January 15th, 2024

BRING YOUR FRIEND

Pay in full

1400€ pp**

Sign up together

A deposit of 20% is required to reserve to stay with us.

Last payment needs to be done 4 weeks from registration or at the latest 1 week before retreat start date April 25th 2024

**Bring your friend price is valid for yourself and for your friend.

The retreat only takes place with a minimum of 8 participants.

SPECIAL OFFER
The Experience of Your Life

Do you feel the calling to become a Kundalini Awakening Facilitator?

The facilitator training will take place just after the retreat from April 30 - May 5 2024.

RETREAT & FACILITATOR TRAINING

Pay in full

4400€ pp

Includes accommodation, meals, participation at
retreat & training from April 25-May 5

Find more information on the Facilitator Training here:

[FACILITATOR TRAINING BALI](#)

APPLICATION

Are you ready to step into your FULL Aliveness and transform your life?

Join us April 25th - April 29th 2024

Heart of Bali

(45min by car from the airport)

This retreat is not for anyone. We want to make sure you are ready for this deep experience and ensure group fit.

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[CLICK HERE TO APPLY](#)

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FAQ

Is the transfer from/to included in the price?

No. You will have to organise your own transport from and to the location. Shuttle service from/to the airport is not included but we can help you with the organisation. The location is only 45min drive from the airport.

What time can I arrive on arrival day and by when do I have to leave on the departure day?

You can arrive any time after 3pm on the 25th of April and leave by 12pm on departure day.

Can I extend my stay in the Resort?

If you want to extend your stay you will have to get in touch with the resort directly and book through them.

I have certain food allergies. Will this be respected?

Yes. We offer freshly cooked vegan meals and will consider any food allergies. Please report any food allergies you have when booking your spot.

How big is the group size?

Group size will be a minimum of 8 and a maximum of 15 pax.

Can I cancel my booking and get a refund?

Yes. You can cancel before the 24th of January 2024 and get 100% of the total amount back. From 24th January 2024 to 24th of February 2024 you will get a full refund except the 20% deposit & 200 € cancellation fee. From the 24th of February No refund. We suggest to book a travel insurance separately.

Payment Conditions

To secure your place:

A deposit of 20% is required to reserve your stay with us.

The full amount has to be paid within the 4 weeks after the registration or the latest 1 week before the starting date of the retreat.

Refund:

- Up to 3 months before the retreat = Full refund including the 20% deposit
- Up to 2 months before the retreat = Full refund except the 20% deposit and 200€ cancellation fee
- Up to 1 month before the retreat = 50% of total amount will be refunded except 20% deposit and 200€ cancellation fee
- Under 1 month before the retreat = No refund

Payment Plans:

Payment plans are available upon request.



Aliveness Retreat

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