




Aliveness Retreat

reWild. reLease. reBalance.

RETREAT IN AUSTRIA FEBRUARY 7-11 2024
(2 HOURS FROM VIENNA)

REWILD RELEASE
REBALANCE



*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 Austrian eco-resort, close to nature. A personal vegan chef will serve fresh and local vegan food for maximum energy, nourishing and rebalancing your body.

You will have plenty of time to spend on your own in your private room or to connect with the group. We carefully ensure a good group fit.



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'S INCLUDED

reWORLD reLEASE reBALANCE

- **4 nights in luxurious rooms with private bathroom** and maximum privacy (share with only 1 other person)
- **All meals & drinks** - freshly cooked vegan breakfast/brunch, dinner and snacks by a private chef
- **Access to Sauna** - exclusively for retreat participants
- **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 **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

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

You Time

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.



YOU AFTER THIS RETREAT

The new You

What you WILL BE:

AWAKENED to your wild soul and innate aliveness, looking at your life with fresh eyes

FREE from stuck emotions or stories you have been telling yourself that hold you back from stepping into your full power

RECONNECTED to yourself and inner knowing in order to attract things that align to you and also repel things that are not serving you anymore

PHYSICALLY ENERGISED through all the healthy vegan food, fresh air and enough you-time

INSPIRED through the community of like-minded people, having made new friendships that are based on a deeper level of connection

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 forces 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

REWILD RELEASE
REBALANCE

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 put her entire life upside down. It was her wakeup call and her life's calling at the same time. Coaching, Through Coaching and Kundalini Awakening 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. Ancient Wisdom + Modern Life. Business + Spirituality. 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 SUPPORT TEAM

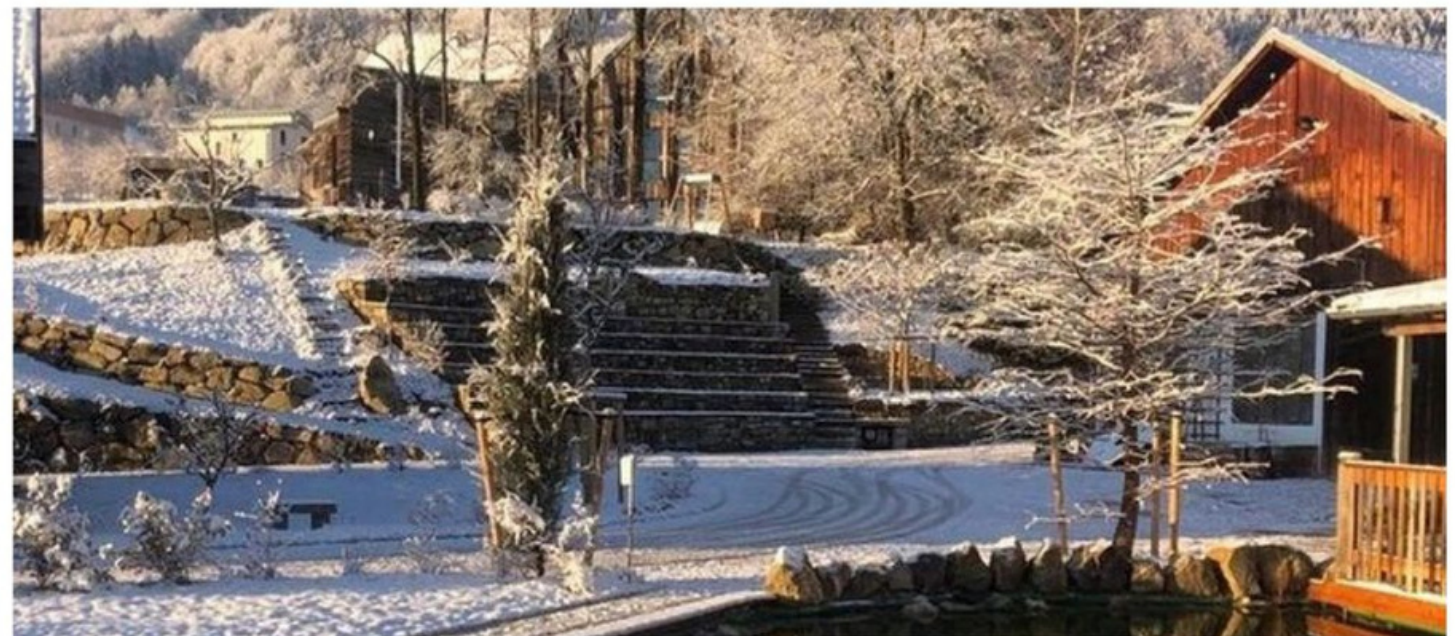


Katharina Heizmann (Vegan Chef)

My name is Katharina. I have been involved in healing and health for many years. Nutrition couldn't be left out, so I came across Anthony William and have been living with this holistic approach and a diet that is suitable for me, which is natural ever since.

I am delighted to spoil you here with these wonderful, delicious delicacies. I create purely vegan and gluten-free dishes.

MAGICAL LOCATION





LUXURY ROOMS

Located in the backcountry of Austria this is a location where you can't ask for more. The resort is tailor made to create an intimate and earthy living vibe, including a spacious dining room and a shaded terrace with view over the fresh water pond. Modern double rooms for single use and newly built individual mini chalets offer a special living experience. The whole resort has been built in a consciously & responsible matter with a lot of passion and love for mother nature.



SAUNA



INVESTMENT

All options include 4 nights in luxurious double room, all meals, all activities

REGULAR

Pay in full

2200€

EARLY BIRD

Pay in full

1900€

Ends Oct 6th 2023

BRING YOUR FRIEND

Pay in full

1800 € pp**

Sign up together

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

Double room for single use can be booked upon request & availability (+200€).

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

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

The retreat takes place with a minimum of 8 and maximum of 15 participants.

APPLICATION

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

Join us February 7-11 2024

Upper Austria

(2hours by car from Vienna)

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

reWORLD reLEASE reBALANCE

GET IN TOUCH TO APPLY

Contact



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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 Vienna is not included but we can help you with the organisation. The location is only 2 hours drive from Vienna.

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 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. They might however be already fully booked for that period.

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. Find cancellation policy on the next page. In any case 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

Prices:

Prices are shown incl. VAT.

Payment Plans:

Payment plans are available upon request.

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