

Welcome Home to Yourself - Embodying the Divine Feminine

5 day semi-silent mindfulness and self love women's retreat



Bhavna is a clinical psychologist, international mindfulness teacher, Tedx speaker and author on self-love. Bhavna is passionate about self-love and this is seen in everything that she does and teaches.

Alive!
PSYCHOLOGY
Empowering You To Live Fully

Welcome Home to Yourself

What do those words stir in your heart and soul?

In this retreat, Bhavna will support your growth in feeling at home in your body, with yourself as you are.

Using Divine Feminine mindfulness, movement and embodiment practises, this retreat will give you the tools to heal and welcome your fragmented parts of yourself home to a loving Divine mother. In this way, trauma and unhealthy attachment patterns will be reduced. You will leave the retreat feeling like the Goddess that you are.

Bhavna's retreat is unique in that it combines proven psychological and mindfulness strategies, together with embodied practises that will enable you to feel a deeper connection to your body, heart and being. This retreat supports trauma recovery and healing. Trauma does not have to be the big things. It is also the feelings of not being good enough, not worthy or not belonging.

This retreat is for both people with mindfulness experience and novice. Everything you need to know will be shown to you during the retreat, and even if you have done this retreat before, it is about going deeper.

Date: Thursday, 30th May, (12.00 noon) – Monday, 3rd June (12.00 noon) 2024

Venue: Te Moata Retreat Centre, Tairua Coromandel

Cost – \$695.00

(surcharge for special meals, bedding or private sleeping space)

Spaces are limited!

Contact : Bhavna at 022 0843 095
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Participants have described this retreat as:

“transformational, life-changing, best thing they ever did”