

Welcome Home to Yourself

Embodying the Divine Feminine

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

About the Retreat

This retreat invites you to reconnect with your body and soul through Divine Feminine mindfulness, movement, and embodiment practices. Guided by Bhavna's expertise, you'll explore tools to heal past wounds, reduce unhealthy attachment patterns, and welcome every part of yourself into wholeness.

Blending evidence-based psychological techniques with heart-centered mindfulness, the retreat supports healing from trauma—whether big or small—and cultivates self-love and empowerment. Open to both beginners and experienced participants, this transformative journey helps you feel at home within yourself and embrace the Goddess within.

"Participants have described this retreat as transformational, life-changing, and the best thing they ever did."

About Bhavna



Bhavna is a clinical psychologist, TEDx speaker, and international mindfulness teacher. Her work and teachings embody this philosophy, inspiring others to heal, grow, and reconnect with themselves.

Book now!


Dates: 10-14 September 2026

Venue: Te Moata Retreat Centre, Tairua, Coromandel

Cost: \$710 (additional charges for special meals, bedding, or private sleeping space)


Alive!
PSYCHOLOGY

Empowering You To Live Fully

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