

Your True Nature

A retreat for women



Time for you to pause, reflect and connect.

Are you ... a woman in transition, in midlife and mid-career? Ready to pause and reflect at a deeper level? Ready to own your talents and take your next step?

Are you longing to ... be your own true nature? Stop living other people's expectations? Understand the life phase you are in? Find support among women you resonate with?

Are you willing to ... find your growth edge? Step into your future? Be courageously vulnerable? Claim your birthright?

Nature and the body

Being in **nature** enhances positive emotions. We'll slow down, open up to what is around us and within us. We connect to a bigger purpose.

'Live! Live the wonderful life that is in you! Let nothing be lost upon you. Be always searching for new sensations. Be afraid of nothing.' Oscar Wilde

Being in the **body** allows us to access our embodied intelligence. We often favor thinking over feeling. We'll learn about ourselves by pausing and reconnection to our sensations.

The experience

An experiential, proven process drawing on Wilderness Vision Guiding, executive and life coaching, art and poetry, movement and Adult Development. A three day deep dive into your personal story. See yourself with new eyes and open up to new choices. Time in nature to reconnect with yourself. Embodied practices to deepen your self-awareness. Light yoga/ meditation.

Christiane Frischmuth

has a passion for personal growth and 'bringing the gift that is you' into the world. Specialized in Nature Coaching.



www.gfconsulting.org/programs

Marietta Vis

has a passion for reconnecting her clients to their purpose, through the power of Mind&Body coaching for sustainable change.



www.VisiveCoaching.com

Dates, location & pricing

May 1-3 2020, Friday 2 pm - Sunday 2 pm.

1TribeFarm, 877 Todd Road, Mount Sydney, VA 24467 (2.5 hrs from DC).

For \$1875 you will receive: pre-retreat coaching, 3 post-retreat coaching sessions (optional and discounted), small group size, Farm to Table food, comfortable lodging, private cabin, **facilitators with over 50 years combined experience**. Beautiful nature.

Early Bird discount \$100 before Feb 15.

Bring a friend discount \$50.

Details on how to register are on our websites.