

20th - 25th March 2025

PRECIOUS WOMAN RETREAT

Freedom From Food Addiction
& Your Journey to Self Love



DIVINE TRANSFORMATION COACHING



Here I was weighing nearly 21 stone. If I only knew what I know now! Which is how much I am worthy of everything. How precious I am and how incredible I am in my own beautiful uniqueness.

You see, I didn't see any of that. I felt worthless, ugly, unlovable and ashamed of who I had let myself become. I had lost touch with my body and I didn't care about how treated her, or how others treated her.

She was a lost cause and I had no idea how precious my body was as my life giver to be able to experience all the magic as a human here on this planet!

One thing I have always known though is that I would find a way and I have. My weight loss journey has not been conventional and neither is my story but would I change it? Not on your nelly!

I have come to realise that all of my struggles, my pain, my self loathing and self destruction through food addiction has been for one purpose and that is to share my story with others who also need help.

No, it's not another diet or meal plan, but a new way to be, a new way of regaining the wisdom of who you are and why you are so precious in your unique way.

I now look back at myself here with so much love. I was so scared yet I fought with every fibre of my body to be where I am today.

I know that I was just as worthy of love then as I am now but most importantly that love was mostly required by myself. I am here to show you how you can do this too.

ARE YOU READY TO CHOOSE FREEDOM?

Ladies, since 2021 I have been on the most incredible journey of my life and now I am ready to share my FREEDOM from food addiction with all of you.

I have so many stories to share however one HUGE important message!

Let's cut the bulls##t and the lies that we are told, and that we tell ourselves and what we choose to believe about why we have food addictions!

I am running a women's retreat from November 9-14th 2024 for five beautiful women who are ready to delve deep into the real reasons why you choose to overeat.

This is a place for you to be fully held in unconditional love warmth and support to guide you to start the healing process of your food addiction.

I have walked this path, I have done the inner and outer work and I have been to the depths of despair to now break free and be able to share my life's work with you!

I do this work everyday!

DIVINE TRANSFORMATION COACHING

TRANSFORM YOUR LIFE IN 5 DAYS



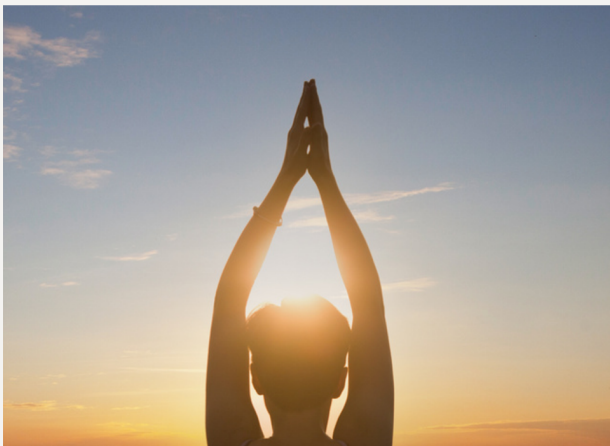
TRANQUIL SURROUNDINGS

We will be staying together in this 5* converted barn, surrounded by beautiful countryside, in West Sussex. You will have your own private room with ensuite, luxurious white Egyptian cotton linen, fluffy white bath towels and towelling robes, as well as a range of luxury branded toiletries.



LET FOOD BE THY MEDICINE

All meals will be catered for by our in-house cook. We will be nourishing our temples with clean, plant based, homecooked meals, which will be tailored to your individual Ayurvedic doshas. Our journey starts by treating your body with the love it deserves from the inside.



LET THE HEALING BEGIN

We will be diving deep into your subconscious by using techniques such as mind-heart-connection, by being present in heart opening ceremonies such as cacao ceremonies and other Shamanic healing rituals, to release old trauma and make way for the new version of you. Self love embodiment and future pacing to build a new path that's specifically designed by you in our healing workshop.



FEEL TOTAL FREEDOM

It is my life's work to guide and enable others to heal themselves, and I can't wait for you to experience the freedom for yourself. This is a unique program that allows you to feel freedom around food, give your body the love and respect that it deserves, and never have to go on a fad diet again. I have your back for your whole journey, with coaching options available after the retreat.