



MENU &  
PRICING

*Abundant  
Lifestyle  
Retreats*

[www.livingwiththespirit.com](http://www.livingwiththespirit.com)

# OUR ACCOMMODATIONS

We have 4 houses available  
for our Live-In Retreats.

All houses are equipped with private bathrooms, air conditioning, fans, and a private patio with a hammock.

2-3 daily sessions or activities\* are included in your stay.



*\*Our activity schedule is a weekly selection of 3 daily sessions of Breathwork, Yin Yoga, Movement, TRE, Meditation, EFT, Emotional releasing Techniques, Fascia Unwinding, Lymphatic Massage, Ear Acupuncture, Qi Dynamics, Herbal Steam Sauna, Ice Bath, Bon Fire, Hot Springs, Hiking, Heart Dance, Fire Ceremony, Thai Massage, Gong Bath, and much more. All activities depend on availability, season, and overall need of the current group staying with us.*





## GUEST HOUSE

We have 2 guest houses available, both equipped with queen size beds.

1795 USD  
/Week Per Person







## LODGE HOUSE

We have one lodge house available, slightly bigger than our guest houses and equipped with one queen size bed, suitable for 1 or 2 people.

1895 USD  
/Week Per Person







## FAMILY HOUSE



We have 1 family house available, equipped with one queen-size bed and two smaller single beds suitable for a couple or small family.

2095 USD /Week Per Person





## PRIVATE SESSIONS

Our private sessions can range from complete in-detail health evaluation, which leaves no area in your life unchecked, or a more niche approach according to your needs. You can work with us online, add your private sessions on top of your live-in retreat package, or you can choose to work with us before or after your stay, both in-person and online. Our private sessions are included in your stay, and we create the package that best serves you.

**3 SESSIONS INCLUDED EACH WEEK**

**ALL PACKAGES CAN BE TAILORED TO YOUR NEEDS AND  
WE OFFER FULL SUPPORT DURING OUR WORK**

# SESSIONS MENU

Here is a selection of our clientele's most commonly requested coaching sessions. If you have any particular requests, or if there is anything you would like to work on that is not explicitly mentioned, please don't hesitate to contact us directly.

*\*\*\*For a complete description of all our available specialized holistic treatment modalities, please visit [www.livingwiththespirit.com](http://www.livingwiththespirit.com) or contact us directly. We are constantly upgrading our services, tools, and methods.*

## HOLISTIC BREATHWORK

A consciously connected breathwork practice, working directly on the limbic and autonomic nerve system, also known as the fight or flight response. These carefully selected breathing techniques address unprocessed memories and unresolved emotions. The sessions are perfect to release stress or anxiety and return to a state of inner harmony and balance.

## MEDITATION AND MINDFULNESS PRACTICE

No matter if you are inexperienced or a seasoned practitioner, we supply guided sessions for you to reach a new depth in your personal mindfulness and emotional well-being. We work with different types of meditation and awareness practices and together we find what suits you best.

## DR. MORSE DETOXIFICATION PROTOCOL

We have first-hand experience of the healing powers of Dr. Morse's philosophy and have reached extraordinary results with his detox and herbal protocols, such as healing from Hypothyroidism and much more. His philosophy is the base of our detoxification programs and diet is the number one key to success. Together we will create the optimal detox program for you and your desired lifestyle - this could include raw foods, raw fruits, and different fasting protocols. We will also assist you in creating and ordering an herbal protocol if needed.

## TRE - TENSION & TRAUMA RELEASE EXERCISES

TRE is a non-invasive method for accessing our body's natural trembling mechanism that is used to release pent-up energy from trauma and stress from our nervous system. These techniques are renowned as powerful stress and trauma release exercises for improved overall well-being and grounding. We have years of experience practicing and teaching TRE and our clients never cease to be amazed by the positive benefits of this beautiful practice.

## EFT - EMOTIONAL FREEDOM TECHNIQUE

Body and Meridian Tapping to restore energy balance and to help eliminate stress, negative emotions, and chronic pain. This treatment form, relatively new to the west, is simultaneously meditative and activating. For someone struggling with intense emotions, or an overactive mind, we highly recommend these simple yet highly effective techniques.

## REIKI

Reiki is the perfect mode of therapy if you suffer from anxiety, depression, low self-esteem, and feelings of being overwhelmed by life. This is because Reiki is closely connected to the human spirit. It is a subtle yet powerful emotional harmonizer and brings relief from the stress and strains of a modern hectic lifestyle.

## YIN YOGA

In this style of yoga, the stretches and positions are held for longer periods of time allowing for release and natural adjustment on all levels of our being. Intimately connected to breathing and breathwork practice, Yin Yoga is an excellent choice to manage stress, emotions and to improve postural alignment. In a world where a high-paced and success-driven lifestyle is promoted, Yin Yoga serves as an anchor and grounding counterbalance. Here at Living with The Spirit, Yin Yoga serves as a way for us to guide our clients inwards, through the body, towards the breath, and their inherent source of awareness.

## HOLISTIC LIFESTYLE COACHING

Here we take a look at your overall lifestyle and see where there is room for improvement. Together we design a strategy for you to elevate your well-being to the next level. The sessions allow you to take a step back from your daily life and see where you are, identify what you would like to change, and learn how to move forward strategically towards that future goal.

We guide you in the process of how to practically integrate a more holistic lifestyle for sustainable and positive changes to occur. We show you how we manage our treatment center and household to combine self-empowerment and personal health development as a natural part of our day-to-day life.

This is also where we support you through your process and help you navigate through difficult times and offer you a guiding hand and moral support if needed.

## FAMILY FUN ACTIVITIES!

Activate the whole family with a schedule of daily movement, meditation, and fun challenges! We believe the whole family is happiest when it works out together as a unit and we have several different session options available depending on the size and age group of your family.

These sessions are highly flexible and we invite your spontaneous imagination to help shape these sessions.

## CHI NEI TSANG

The Chinese art of Chi Nei Tsang abdominal massage unifies many aspects of anatomy and energy work. It is a massage practice that works on nurturing the connection between our emotional, physiological and spiritual bodies. On the physical level, it alleviates muscular tensions and encourages the elimination of toxic residues. It also unblocks emotions such as fear, anger, worry, sadness, or hate through gentle and precise pressure on the organs associated with these blocked emotions. Using the techniques of Chi Nei Tsang massage allows for us to go directly to the center of tension where these negative emotions are stored.

## STRENGTHEN YOUR IMMUNE SYSTEM

In these sessions, we will take deep dives into the functions of the immune system and show you how to make it stronger. The immune system is our first and last line of defense, and there is much we can do to boost it towards its maximum function. You will learn how your lifestyle, diet, and practices such as breathwork positively affect the immune system's capacity to fight off threats.

We will explore how you can add different kinds of superfoods, vitamins, and herbs to your diet that actively strengthen the immune system. In these sessions, you will learn a full spectrum approach to ensure you are as resilient and durable as possible moving through 2021 and beyond.

## MOBILITY AND STRENGTH TRAINING

Our personal training sessions are designed for strength development and increased mobility through functional movement. The exercises are selected to be easily performed even online.

These sessions are for you who want to get stronger, more mobile, and generally more fit. We will provide you with a new personal training program fully customized to your body type and desired goals.



## CHRONIC PAIN AND INJURY RECOVERY TREATMENT SESSIONS

If you are struggling with a nagging injury or any type of recurring pain, then 2022 is ample time to care for this. We focus on holistic bodywork and corrective exercises as a practical way of treating these issues, and we combine multiple healing modalities for achieving the best results.

The corrective exercises consist of fitness training combined with physiotherapy and are a core part of these sessions. It focuses on addressing posture, muscle strength, core function, joint health, body stability, and overall mobility. By unifying all these areas we can not only release the pain but also strengthen the surrounding areas for sustainable recovery.

## GROUNDING

Being grounded is a feeling that aligns you energetically to the earth's magnetic field. It allows you to be more deeply connected to your body awareness and to stay present. By practicing grounding techniques, you receive nourishing energy that replenishes your overall well-being. When you feel grounded and centered you are able to function closer to your total capacity. It allows you to more easily access your talents, and through these grounding techniques come vitality, creativity, and motivation.

## STRESS MANAGEMENT COACHING

If you are living a high-demand and fast-paced lifestyle, we will help you to bring your stress levels down and under control. Stress management is a long-term process and very much a lifestyle design challenge. During our time together is where you can lay the grounding and stable foundations needed for a future stress-free life.

We combine liberating stress-releasing techniques with stress resilience-building practices. Combined with holistic strategies for lifestyle design and social navigation for example workplace and relationships, these sessions provide a full spectrum solution to your stress challenges. We bring personal experience and insight from both the corporate world and competitive sport and martial arts to these sessions.

## CHOPRA TOTAL WELLBEING

Experience a guided process into a world of well-being, transform and move forward based on your own unique strengths, challenges, and obstacles. Gain perspective and invite enlightenment to allow greater freedom to live your most authentic life. Together we deep dive into a combination of structured and intuitive work with 4 cornerstones of personal growth: Purpose, Intention, Meaning, and Shadow.

## EMOTIONAL FREEDOM

Emotional freedom offers the answer to reclaiming your happiness and heart. It means increasing your ability to love by cultivating positive emotions and compassionately witnessing and transforming negative ones. It means keeping your center without absorbing the negativity of others.

## CST - CRANIOSACRAL THERAPY

Craniosacral therapy is a gentle hands-on treatment that may provide relief from a variety of symptoms including headaches, neck pain, and side effects of cancer treatment among many others.

CST uses a light touch to examine membranes and the movement of fluids in and around the central nervous system.

## SPIRITUAL SWORDFIGHTING

Spiritual Swordfighting is a therapeutic modality for building the courage to defend your boundaries, protect your energy and step into the power of your subtle personal control. We combine the ancient arts of sword mastery along with spiritual practices and trauma-informed coaching to guide people on an unexpected journey of self-discovery. If you are on a path of recovery, self-reflection, or looking to experience something unique, spiritual sword fighting could be a new way for you to connect and explore your feelings, emotions, and beliefs.

## CRT - CRANIO RELAXATION TECHNIQUE

The Cranial Relaxation Technique is an easy, safe, and powerful healing modality that helps to regulate the brain, balance the nervous system, and process past trauma so that you can have more clarity, more energy, and experience a life with more confidence and flow.

## SOCIAL NAVIGATION

Social navigation is a way to practically honor your empathic nature in the social world. Learning how to manage your energies and subtle talents in a way that is progressive in daily life is of great importance for our happiness and overall well-being. As we wake up to a deeper intuition and learn to live within our integrity, we start to notice that the social realm affects us more deeply than we have previously realized. Social navigation teaches us how we can hone our intuitive empathic nature by learning how to gracefully avoid social dramas and excessive mental & emotional drain.







Please apply for our Abundant Transformation Retreats on our website, and book your consultation to get all your questions asked.

We look forward to working together on your health, vitality, and happiness journey!

Lots of Love,

/Sara & Simba

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