

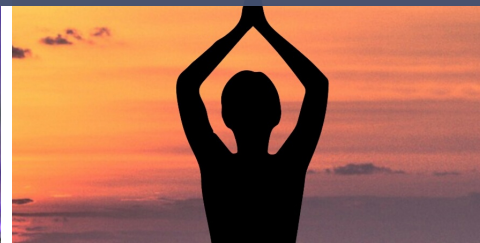


"Find your essence" A retreat in Southern France

An inward journey to explore and embrace
all the facets of yourself.

JUNE, 2021
GRASSE, SOUTH OF FRANCE

WELL MAMMA



Unveil your truest you

THE PROGRAM

A long weekend retreat from the world and your daily life to deepen your self-knowledge and explore what is meaningful to your overall wellness.

Treat yourself to a week dedicated to listening to your inner voice. Let your intuition guide you in identifying what prevents you from moving forward and learn to let go.

Reconnect with your authenticity and your truth.

WHAT'S INCLUDED

- 2.5-day workshop on Shadow work with ISABEL GALIARDO from the INNER BRIDGE (details on next page)
- 3-night accommodation in a pristine setting in the hills of the french riviera
 - daily morning yoga class
- Wholesome, seasonal local food to nourish your body and soul

DATES

BEGINS: THURSDAY, JUNE 3RD, 5 PM

ENDS: SUNDAY JUNE 6TH, 1 PM

PACKAGE PRICE

2,000 EUR

About the Workshop

CONTENT

Throughout the workshops, Isabel will introduce and coach you through the following topics:

- Authenticity:
Who am I? Who is my tribe?
- Shadow work:
Integrating the
disowned aspects of myself
- Understanding archetypes (3 parts)
 - Guided introspection

WHAT YOU'LL GET FROM IT

- Clarity on your
blocks and limiting beliefs
- A better understanding of the patterns present in your
relationships, and
how you can transform them
 - How to trust and cultivate a
proper dialogue with your inner
voice
- Become more in touch with your
truth

The Organizers

ARIANA SHAHBAZI

Ariana is the founder of Wellmamma.com, a health and wellness platform based around feel good food and mind/body balance. She is also the host of the Well Mamma talks podcast and a certified Neuro Pilates instructor. Her mission is to share her love and knowledge of food as well as help people connect with their themselves by introducing them to various wellness topics through her website, podcast and retreats.

All the food served at the retreat is based on Ariana's whole foods, seasonal recipes. She also offers cooking classes on request.

ISABEL GALIARDO

Isabel is a Counselor and Relationship expert. She is also the founder of The Inner Bridge where she encourages clients to get in contact with the vast and mysterious universe that lives inside of them to discover themselves, allowing that uniqueness to express and to contribute to the world. Her aim is for her clients to experience the joy and fulfillment of authenticity and real, deep relationships – personal and professional.

A Serene Setting

You will spend 3 nights at La Ferme de Marie, a beautifully renovated farmhouse in Grasse, the perfume capital of the world, located in the beautiful green hills north of Cannes.





Nourishing Food

All meals are whole foods-based, prepared with seasonal produce, from regional growers. Vegan and gluten free options are also included.



Interested?

**CONNECT WITH US
&
RESERVE YOUR SPOT**

Contact us at:

By Email: wellmammadxb@gmail.com

Or Call: +33 (0)6 09453017

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