

Healing retreat, body, mind and heart.

7 days to reconnect with more of You, by removing what is brought on you by life, parents and your hardships.

When you arrive at Sunday afternoon 15-17.00 we embrace you and allow you to land in the new peaceful environment at Casa Norellha. We meet for dinner at 19.00 and join in a meditation where we set the intentions for your highest good at this time.

Day 2. We will work with your connection to your Mother, the relationship, your inner child all to see any boundaries, blockades or behaviours which is no longer serving you life, and remove any pattern that is holding you away from living in your heart with peace knowing that You are enough.

Day 3. Now it is time to meet your Father, your relationship with him, similar behaviours and patterns as above with the mother wound. All so we can see that we are worthy to have a great life, in peace and following our heart with trust and faith in ourselves.

Day 4. Love, self love and how you experienced love in any relationship, See what is true and what is created and build on illusions? Focus on embracing your inner child unconditionally.

Day 5. Worthiness, to create and manifest a blessed life. See what is holding you away from truly believing it is possible to create anything you dream about.

Day 6. Gratitude and Compassion see all the gifts that is hidden in your life experiences, in your pain and how it now can transform your life, by being your lessons. Embrace more of Yourself.

Day 7. Manifestation, opening up more of your soul and your souls gifts.

Since I am living in the moment of Now, being guided with what is the right and highest work in the moment of Now, i will follow the guidance for your highest GOoD, meeting you with high frequency and healing.

This is a week where we open up more of you, your gifts all so you can embrace your uniqueness and gifts, no judgement just love and compassion.

Welcome to embrace yourself with more self love, peace within.

With gratitude and Love,
Linn