
ENABLING YOUR NEXT VERSION BY THE SEA!

Join Tijen at Bradenton Beach for a Six-Day Intensive Transformational Retreat

Our ability to fully blossom in life is impacted by many factors. When we go through the challenges, we may limit or mute our creativity and our contribution to society. In some scenarios, one may feel completely helpless, victimized, and powerless to change, and in others one may feel undeserving desired state in life.

Come to this workshop to freely envision your next version of the self, and to enable that self in a loving, caring and especially supported environment.

I have designed this very special group coaching retreat to help participants to define and understand the qualities that are significant for their next version along with finding ways and supporting themselves to bring themselves there. The retreat begins with participant's understanding and defining their next version and progresses with resolving what needs to be resolved and enabling what needs to be enabled for them to achieve that vision.

During these sessions we will also create awareness of the scenarios negatively influencing your life through subconscious programming, and to offer you a gentle and relaxed environment to release and resolve them with ease so that you will feel free, capable, inspired and deserving of the version of yourself and life you wish to experience.

I designed this retreat in a way to engage participants in healing, awakening and inspiring coaching conversations, daily deeply relaxing and transformational guided meditations along with and daily deepening practices for additional discoveries, to further integrate and stabilize the change you wish to experience.

This proven-to-be effective retreat package has three major components:

- **Group Coaching:** Six group coaching sessions to support participants towards their desired state.
- **Deepening Practices:** Daily deepening practices that will enhance participant's understanding of the required resolution at hand and their ability to bring additional awakening and inquiries resulting from the group coaching as well as the deepening practices of the day into the next group coaching session.
- **Targeted Guided Meditations and Deep Relaxations:** Tijen employs Genco Method Targeted Guided Meditations and Deep Relaxations to gently aid and accelerate participant's growth in a much caring and tender way. These six deeply supportive, individually designed guided meditation and relaxation

sessions target participant's resolutions and integrations in a less defensive and more receptive way while offering their mind-body-spirit time to rejuvenate.

- Optional Yoga Practices: Tijen utilizes Yoga Practices in a way to further support the physical and energetic impact of the body that is influenced by the participant's prior behavioral patterns. These sessions will be reflecting on what comes to surface during each group coaching session to support participant's change inside out...
- Optional Meet at Sunrise: Participants will have an option to meet to observe the sunrise to start the day in a self-reflective way.

More on the Location and Its Crystalline Healing Qualities

Unlike beaches elsewhere that are made up mostly of pulverized coral, for the beaches in this area the sand is 99% quartz, most of which is known to come from the Appalachian Mountains. Over time the feldspar and mica have been removed from the rock, leaving almost pure quartz. Even on the hottest days, the sand is so reflective that it feels cool underfoot. According to Harvard University geologists, it's estimated that the sand on these keys is millions of years old, having its origin in the Appalachians and flowing down the rivers from the mountains until it eventually was deposited on the shores of the beaches in this area.

Assisting the Healing with Crystals

Utilizing the crystals as part of assisting the healing is still considered a pseudoscience. Some sources estimate this approach existed as far back as 6,000 years ago with the ancient Sumerians of Mesopotamia. The amount of information available to the public on alternative medicines like crystal healing continues to grow, too. Although there aren't any peer-reviewed studies that prove the efficacy of crystal healing, there isn't any evidence to suggest that crystals do harm.

Crystals are stones with physical characteristics, such as a specific formation or ordering of atoms, that affect light refraction, electrical charge and more. Crystal healing emphasizes these qualities and how they might affect the human body's vibration, electrical charge, and functionality. Therefore, it is utilized as part of some of the vibrational medicine approaches. Crystal aided healing is believed to affect an individual through vibration and through mindset. The piezoelectric effect is a scientific principle used, in part, to explain vibrational medicine. The piezoelectric effect enables crystals to transform a mechanical pressure into another form of energy, such as light, electricity or sound, and then amplify it. This technology is used in many materials, such as microchips and batteries. In crystal healing, this concept is applied, magnifying the potency of the energies in a person's body or surroundings.

I have chosen this area due to these crystalline qualities of the sand and the land to further assist and amplify the participant's vision and intent.

More on Anna Maria Island

Anna Maria Island contains three separate communities. Anna Maria is close to Bradenton, the city across the Intracoastal Waterway that starts where Sarasota ends. Seven-and-a-half-mile Anna Maria Island is a nostalgic look back to a time when people and things moved slower. Historic Anna Maria is typified by old beach cottages and easy-going seafood houses.

Bradenton Beach, a classic beach town, in recent years has taken steps to preserve its history and character. It offers visitors a maritime museum and waterfront seafood houses. Fishing and eco-tourism excursions depart from the docks along with commercial boats.

Some of the activities may include boat rentals, jet ski rentals and tours such as dolphin watching or a sunset cruise. Flying over the waters to catch the view from above of the beautiful waters around Anna Maria Island.

Example Daily Schedule

Times	Arrival Day	Day-1	Day-2	Day-3	Day-4	Day-5	Day-6
Sunrise		Optional Meet for Sunrise	Optional Meet for Sunrise	Optional Meet for Sunrise	Optional Meet for Sunrise	Optional Meet for Sunrise	Optional Meet for Sunrise
9:30 am		Group Coaching	Group Coaching	Group Coaching	Group Coaching	Group Coaching	Group Coaching
11:00 am		Deepening Practice	Deepening Practice	Deepening Practice	Deepening Practice	Deepening Practice	Deepening Practice
Sunset	Meet & Greet at the Bradenton Beach	Optional Yoga	Optional Yoga	Optional Yoga	Optional Yoga	Optional Yoga	Optional Yoga
		Guided Meditation	Guided Meditation	Guided Meditation	Guided Meditation	Guided Meditation	Guided Meditation
		Post Meditation Chat	Post Meditation Chat	Post Meditation Chat	Post Meditation Chat	Post Meditation Chat	Post Meditation Chat and Closure

Retreat Fee and Terms

- Inclusions
 - Six hours of Group Coaching
 - Six hours of Guided Meditation and Deep Relaxation Sessions
 - Six hours of (optional) Yoga Sessions
 - Six (optional) Sunrise Observations
- Exclusions
 - Participants will be responsible for their accommodation
- Payment Options
 - \$1,800 full payment
 - Contact Tijen for payment installments.
- Dates
 - Sunday, October 30, 2022 – Friday, November 4, 2022

SPACE IS LIMITED TO 10 PARTICIPANTS

[CLICK HERE TO RESERVE YOUR SPOT NOW](#)