



CHOOSE A DESTINATION  
FOR YOUR  
INTENSIVE HOLISTIC COACHING

# Reprogram



# REprogram

PREMIUM INDIVIDUAL COACHING



- Time is flying and you wonder what have you done these past 30 years.
- You don't dedicate enough time for yourself.
- You feel that you take care of everything but yourself.
- You want a healthier lifestyle.
- You want to get rid of blockages, traumas.
- You haven't completely feel like yourself in a long time (or maybe never have).
- You want to reconnect with your Inner-child and Higher-self.
- You have so much more potential to explore but you feel like something is holding you back.
  
- Now, this is your time, your call, you reached your limits and need some drastic changes now.
  
- REprogram is an intensive creative and holistic coaching program that will guide you to align Body Mind Soul Emotions, and balance your personal and professional life, through different artistic activities that will challenge your four dimensions.
  
- REprogram is to Heal, Love and Work.
  
- REprogram is an individual coaching program, also adapted to couples/ families/ groups like corporations and organizations (up to 16 people).
  
- Pick up your ideal location to focus on yourself, have a break from your current life, and work toward a well rounded life by learning genuine self-care and prioritizing yourself in order to be more efficient to give back..



# The destination

OPTIMIZE YOUR WELL-BEING...



A life changing experience for you to work the fullest on your transformation. You won't have to worry about anything but yourself (unless you bring work with you).

We will choose together the best destination for you to be in the best conditions to expend your wings and reveal your true potential. (5 nights minimum).

You will have the choice between resorts, hotels, rentals or your personal residence as long as it is not your primary one.

What is your perfect location to reprogram your life?

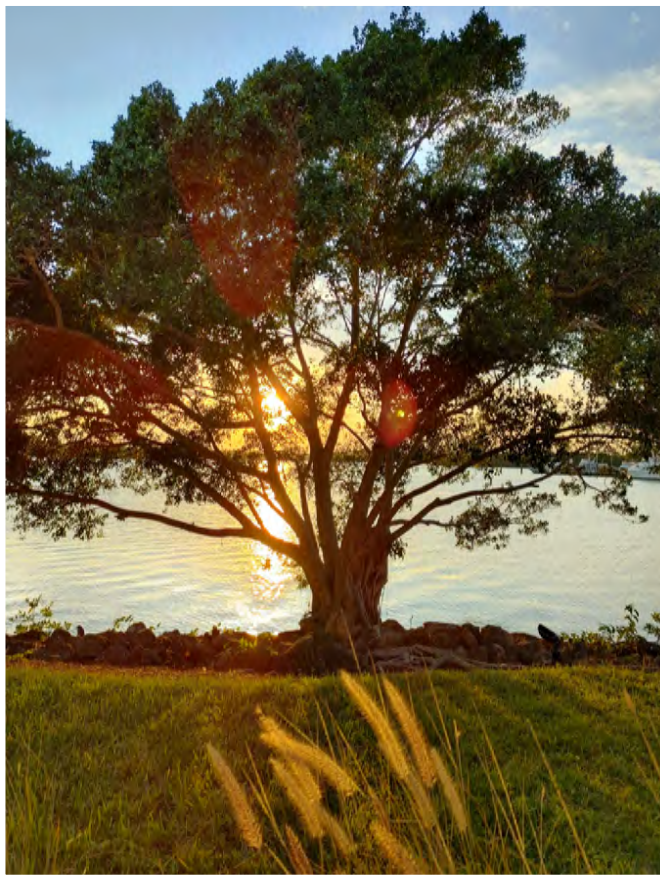
What is your heavenly scenery to start your healing process?

Where would you allow yourself to be your true-self?



# The program

BODY MIND SOUL EMOTIONS



Once you align your Body, your Mind, Your Soul and your Emotions towards the same direction, you can achieve anything you want.

To avoid burn out, you need to balance your life. To fulfill your life mission, you need to love, respect and take care of yourself (Dharma).

We believe in a holistic creative approach of coaching, guidance and mentoring. We also believe in different forms of expression, communication and healing. We don't trigger, we guide you to take responsibilities of your actions, experiences. We create a non judgemental environment for you to feel safe and free to express, heal, create and love yourself.

We provide you non verbal tools to formulate anything you don't desire to put into words: art & craft/ dance & body movement/ modeling self-image healing/ food relationship understanding.

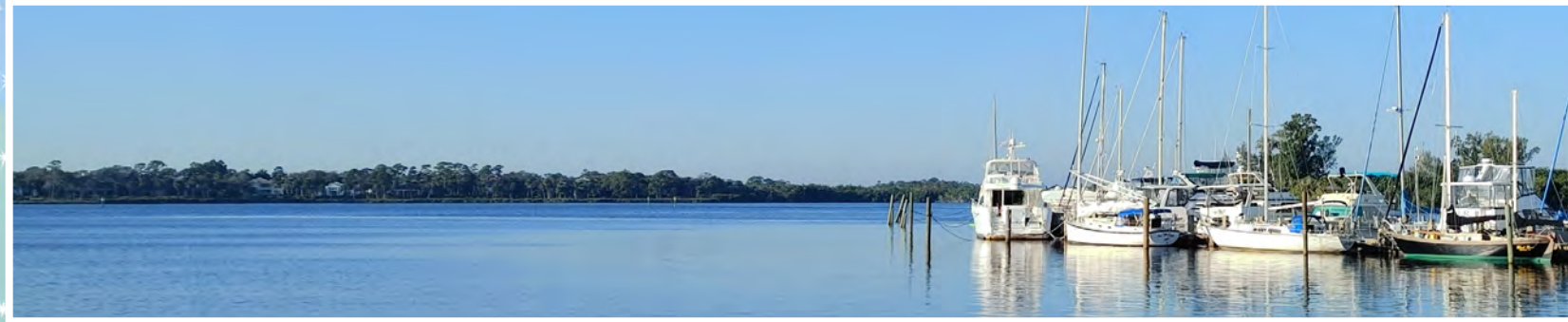
When words are not enough, your body comes into action.

Draw your insecurities, paint your wounds, dance your fears, sweat off your doubts, embrace your sensuality, meditate on your present, color your future, choreograph your dreams, taste your happiness, cook you peace...

Each client is unique, so each program is unique.



# A typical morning



**Sunrise gratitude meditation:** we take up to 15 min to express our gratitude inside our hearts and we express how we want what we are grateful for.

**Chakras dance awakening meditation:** great exercise to wake up the body and the Higher-self. With that dance meditation, we acknowledge our chakras and understand their importance.

**Breakfast:** the breakfast will be the time to have a conversation about your food relationship.

**Art & craft workshop:** to work on your life balance and/or alignment.

**Dance workout:** health starts with your body, your mind, your soul and your emotions. Dance is a perfect combination to work on physical health because you burn a lot of calories and spend a lot of energy. You also stretch, build and work on all your muscles and use your brain and body memories: you learn coordination. When you dance, you create art with your body, communicate with your Higher-self ==> Universe/ Spirit Guides/ God and express what is deep down inside you.

**BREAK & LUNCH**



# A typical afternoon



**Activity:** fun activities are waiting for you.

**Fear/ trauma/ blocage workshop:** a guidance to accept, heal and move on.

**Let go:** a workshop to release.

**Soft workout:** also very good to build a stronger mindset.

**Warning:** The workshops will bring back some traumatic memories... It is important for you to accept to go back where it hurts in order to heal and stop repeating patterns. We will always work with you without pushing you too much. But you have to understand the importance of going to the dark night of the soul.

**BUILD/ DESTROY/ REBUILD:** If you decide to participate to REprogram coaching, it is because you reached a point where you can not live the same life anymore. You hit "a wall" and you can not move forward anymore. We will destroy that wall, which means, destroy your shell, your comfort zone and protection. You learn how to make your vulnerability your strength. You will rebuild new habits, new routines, new life, new you. It is either not too early, nor too late.

**There is NO magic!** We work **TOGETHER** to reprogram you. You have the power, we have the tools to guide you.



# A typical evening



**Self-love and self-confidence workshop:** reconnect with your charm, your body, your sensuality and your image. Body language and modeling approach. Get ready to be recorded and shot! (The footages will remain private unless you sign a release form to make them public. We will never use your image without your consent).

**Sensual dance workshop:** work on your Yin.

**Journaling:** a typical or creative way to journal... You choose!

**Ritual:** we will create rituals together: sadness ritual, manifestation ritual, gratitude ritual etc.

**DINNER**

**Debriefing :** At the end of each day, we will take stock of the day: how you feel, what were the challenges, the wins and how to keep moving in the right direction.



For more information,  
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# *REprogram*

Transportation, snacks and personal expenses are not included.

Together let's  
redesign  
your life in the  
most  
amazing  
conditions ever!

Ask for pricing