



AUTHENTIC SELF EMPOWERMENT



AUTHENTIC SELF EMPOWERMENT RETREAT

18-23 Ottobre 2024

Switzerland, Locarno, Parkhotel Emmaus

Join our international team of facilitators at an idyllic location,
nurturing & empowering your body, mind & soul.
Return rested, rejuvenated & ready to take life on.



BODY

yoga & breathwork
embodiment practice
nia & jumi sessions



MIND

open awareness
stress reduction
emotion regulation



SOUL

nature connection
healing presence
sharing circles



Contact Jana +41 79 349 41 26

www.authentic-self-empowerment.com/ase-immersion