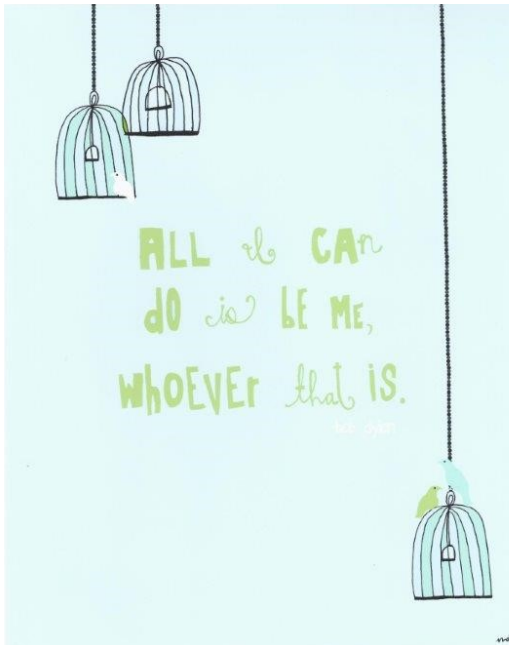


“The Retreat” with InShineOut

in conjunction with Galgorm Resort & Spa



We know that more and more people find themselves wondering;

“Is this it?”

“What do I really want?”

“What really makes me happy?”

“What about me?”

We all ponder these common questions at various stages in life and unanswered they can leave us doubting ourselves and our confidence in our ability to lead life how we want. Unsure of the answers, we don't trust our decisions or the choices we need to make. Outwardly we appear to have it together yet inwardly we are full of inner doubt.

Our overnight retreat is a special time to have space away from your daily routine to reflect and reconnect with the confident, real you. We explore topics of identity; who am I, your truth, your patterns, how to empower and motivate yourself with the choices and decisions you need to make to move forward, to express the real you, to make the right impression on the world and to have confidence in all situations.

It's a time to review, query and resolve unanswered questions in your mind.

It's a time to reconnect and rediscover the confident, grateful you.

It's a time to get in touch with what you really want and take action to lead with passion and purpose.

Having experienced a series of workshop sessions you leave feeling, pampered mentally and physically and ready to leap into life full of confidence as the real you.

To register your interest or find out dates please contact Sharon James

via email sharon@InShineOut.com call on 07730 620073 or find out more on our web site

[InShineOut.com/ Our Retreats](http://InShineOut.com/OurRetreats)