

EMOTIONAL RELEASE

5 days **breathing retreat**
6th to 10th of November 2023

by **Samuel Coulon**
Breath Master & Flow Creator



Follow the Phoenix

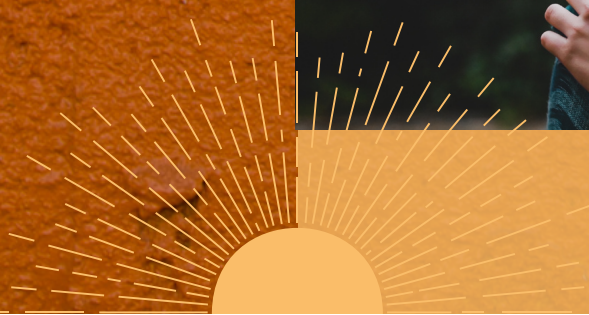
By following in the footsteps of the old Phoenix, it is time to unleash this old personality, these self-sabotage prospects and baggage that prevent you from unleashing your true potential.



5 days in a magical place

During this five-day retreat **in the heart of the Mexican jungle**, you will find the space and advice you need to do so.

You will be guided to go inside and explore your fears, anger and experiences that prevent you from living the life of your dreams.



WHY CREATING THIS RETREAT

Learn to manage emotions

This retreat will include **daily breathing sessions, night group circles and various workshops, as well as traditional ceremonies** to free up what no longer serves you and appeal to your highest and best self.

If you are looking to reduce stress, manage your emotions and take control of your life, take this inner and outer journey to Mexico and rise from the ashes to become a new you.

Through a 5-step program, in a heavenly setting, you can gradually **free yourself from your excess emotions**, immerse yourself in **deep gratitude**, **clarify your vision** and consolidate this commitment. For this, there will be various workshops, using a learned **blend of coaching, mentoring and breathing**.

Thanks to the powerful emotions generated, you will create an anchor that can accompany you long after the end of this stage, which will allow you to keep the course of this new life.



A COMPLETE
PROGRAM

DAY 1

Check-in Lodge
Welcome meeting and introduction
Free time
Opening circle and breathing
Diner
Fire Circle



DAY 2

Breathing and Movement
Breakfast
Workshop 1: Identification
Free time
Lunch
Rest time
Workshop 2: Forgiveness
Ho'oponopono breathing
Free time
Diner
Water circle



A C O M P L E T E
PROGRAM

DAY 3

Breathing and Movement

Breakfast

Workshop 3: Gratitude

Free time

Lunch

Rest time

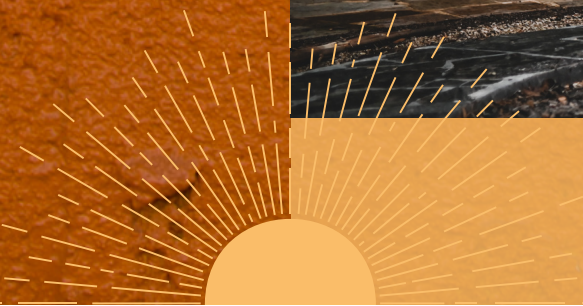
Workshop 4: The Death of the Ego

Free time

Temazcal ceremony and immersion in cenotes

Diner

Air circle



A COMPLETE
PROGRAM

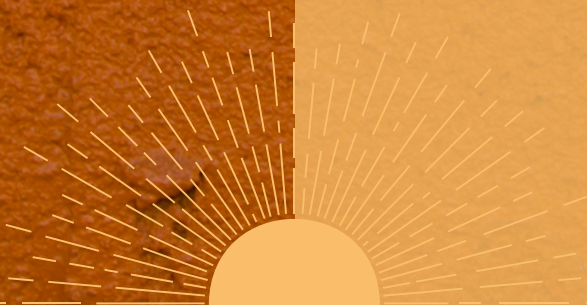
DAY 4

Breathing and Movement
Breakfast
Workshop 5: Rebirth
Free time
Lunch
Rest time
Cocoa ceremony and breathing
Free time
Diner
Earth circle



DAY 5

Breathing and Movement
Breakfast
Breathing and closing circle
Free time
Lunch
Departure



HOW TO PARTICIPATE

You want to take part in the adventure ?

From 6th to 10th of November

In a wonderful place
next to Puerto Morelos

To ensure the smooth running of the event, we limit the retreat to **18** participants.

1 790 \$USD

solo

2 990 \$USD

duo

4 duo max
for this retreat

The price include : accommodation, food (3 dishes a day), all activities listed on the program.

To book you can contact Samuel

+33 6 13 75 06 82

contact@samuelcoulon.com

We ask 30% deposit to confirm your booking.

In case of cancellation :

- More than 2 months before the event : 50% refundable.
- Less than 2 months : deposit is not refundable.



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