

PATHWAYS OF RESONANCE

A 5-day retreat formula for
conscious women leaders

Unlock Your Fullest Potential in the Wonderful Mountains of Andalucía

Your Journey Through Transformation

Aspirations & Intentions

Unveil Your Vision: Set clear, actionable goals that serve as your roadmap to success.

Embrace Your Identity

Discover Your Authentic Self: Gain a deeper understanding of who you are and who you aspire to be.

Discover Your Strengths & Zone of Genius

Illuminate Your Unique Gifts: Identify the talents that set you apart and learn how to leverage them effectively.

Empower Your Values & Beliefs

Lead with Conviction: Align your actions with your core values and beliefs.

Embody Your Energy & Focus Boosters

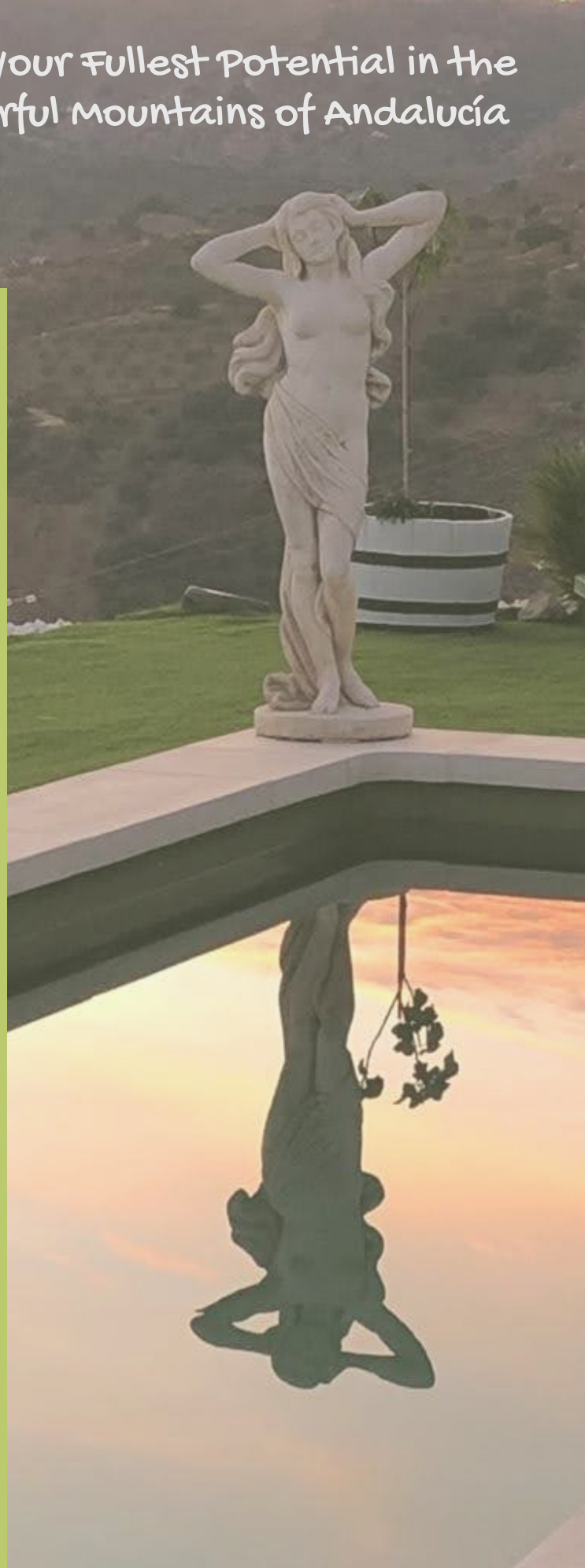
Harness Your Inner Power: Learn techniques to manage your energy and focus, enhancing your leadership capabilities.

Activate Your Intuition

Unlock Your Inner Wisdom: Tap into your intuitive abilities for more effective decision-making.

Create Your Life Fulfillment Compass

Your Guiding Framework: Develop a personalized roadmap that aligns your decisions and choices with your values, strengths, and vision.





MEET HELENA DEMUYNCK, YOUR PERSONAL TRANSFORMATION GUIDE

I'm not just a coach; I'm your ally on this transformative journey. With over 30 years of experience in guiding conscious women, I've honed a unique blend of holistic empowerment strategies designed for lasting impact.

My mission is simple: to be by your side as you unlock your fullest potential.

What sets me apart is my commitment to your growth—both professional and personal. I've walked this path myself, pushing boundaries and challenging the status quo to discover what truly resonates. Now, I'm here to guide you through your own journey of self-discovery and empowerment.

So, are you ready to embrace your extraordinary life? Let's take this transformative step together.

The Experience A Sanctuary for Your Soul

Accommodation

Cozy casita with all amenities like WIFI, workspace, coffee and tea corner. Including organic meals and non-alcoholic drinks and healthy snacks

Activities

Daily on-site and off-site coaching sessions, breathwork, meditation, creative visualization, silence walks, reflection, journaling, and rituals

Spa & Treatment

Breathwork, centering and grounding practices, meditation, silence walks, massage, heated salt swimming pool and sauna sessions infused with essential oils

Rest & Self-care

This retreat emphasizes the importance of me-time and self-care. It's not a race but a process, allowing ample time for relaxation and introspection

Imagine waking up three months from now, radiating newfound confidence and clarity.

Your headspace has transformed from a stress zone into a sanctuary of purpose.

Decision-making aligns naturally with your core values, and every step you take resonates with momentum.

As you look in the mirror, you see the woman you've aspired to be: confident, balanced, and aligned with your purpose.



RECONNECT WITH YOURSELF & REVIVE

Experience a holistic approach to leadership and personal development, enriched by breathwork, centering and grounding practices, essential oils, and a magnificent supportive environment.

Ready for Transformation? Let's Talk.

If you're feeling the resonance of this transformative journey, it's time to take the next step. Book a discovery call with me so you can:

- Uncover Why This Program Is Your Perfect Fit
- Get All Your Questions Answered
- Receive the Full Program Brochure
- Learn how the program can be tailored to meet your specific needs and goals.

Don't miss this opportunity to elevate and transform your life.

Schedule your discovery call today.

<https://shor.by/DiscoveryCall>



Transformative Benefits & Outcomes

Unlock Your Full Potential

Embark on a journey of self-discovery and empowerment, supported by a tailored program that aligns with your unique aspirations and goals.

Live & Lead Authentically

Gain deep insights into your true identity, strengths, and core values, enabling you to lead with authenticity and conviction.

Achieve Work-Life Harmony

Discover and implement energy and focus boosters that allow you to excel professionally while enjoying personal fulfillment.

Make Impactful Decisions

Activate your intuition and construct a leadership compass for decision-making that aligns with your core values and principles.