



Self Love Club Retreat 2019

Join us through 2019 to go on the ultimate
journey of Self Love

<https://www.activ8u.co.uk/product-page/self-love-club-retreat>





Welcome to the Self Love Club

Here at Self Love Club Headquarters, we truly believe that remembering how to love ourselves will be greatest transformation of our time.

Over the years, we have been led to believe by family, friends and general society that doing something for ourselves constitutes as being selfish, rather than essential.

Self Love Club is here to raise the veil on the old programming, to guide you along a very personal, intimate journey that will remind you exactly why the World needs you to show up as the person you are, rather than the person you have been led to believe you should be.

We inner-stand that every single one of us on this planet has a gift for this lifetime. Gifts that have been hidden so deep within, that most of us never start looking for them, let alone find them. It's highly likely, a busy lifestyle, family, children, work, etc have caused a deletion in your memory, causing you to forget who you were always meant to be. This is where we step in to guide you along the mission to assist you to unlock and step in to your true potential, your "Soul Mission".

We look forward to seeing you soon!





The Retreats

RETREAT LOCATIONS

The retreat destinations were hand-picked by the guides of the Founder of Self Love Club, whilst on a healing journey in Brazil. They were proposed especially for you, based on the energy and connection available at each location.

We currently run retreats in Glastonbury, UK; Ubud, Bali; Phuket, Thailand; Assisi, Italy; Sedona, Arizona.

If you are unsure which location to pick, close your eyes, place your right hand on your heart and imagine yourself in each location, see which one feels right. Your soul will guide you, if you allow it to.

Please check our website for the dates and content. Each retreat will be either Juice Fasting or Plant Based Meals.

ACCOMMODATION

Where possible, the Self Love Club team has picked the accommodation based on factors of being eco-friendly and the sustainability on the land. What this means is we look for accommodation that is self-supporting and gives back to the environment as much as it can.

Our ethos is very much "loving ourselves and our beautiful planet Mother Earth" therefore some locations we will be able to hand pick our own in season fruits and vegetables to each / juice each day.

Each room will be a twin room, with en suite bathroom. Prices are based on two people sharing. If you would like to pay for a room on your own, please do let us know and we can organize that for you.

Likewise, if you are coming on your own, we will be sure to buddy you up with someone suitable, based on the pre-arrival forms that will be sent out once your spot on the retreat is confirmed.



Women Only

WOMEN ONLY

Self Love Club currently has an all Women coaching squad, therefore we will initially be running retreats for Women, by Women.

We strongly believe in the power of females collaborating, bringing the feminine energy together to impact ourselves, each other and the dynamics of the World.

Our retreats are the perfect place to connect to a Sisterhood that will help plant the seeds, for a new vision, of love, for a heart driven future.

Who's excited about meeting their brand new tribe at one of these retreats?

We know that we are!
SLC Team x

NB. We are here to support both our brothers and Sisters on this journey of Self Love, however we are currently building out our Male coaching squad, so whilst the finishing touches are put in place for our exciting new squad, we are marching forward with our Women Only Retreats.

FOOD

Each of the Self Love Club Retreats will be on an all-inclusive basis. All food, juices, teas, drinks etc will be provided each day for your convenience.

We have two options on the retreats. These options are juice fasting or plant based cuisine retreat. If you choose a juice fast, we will be encouraging you to prepare your body beforehand, so you are able to have clarity and focus whilst under our care.

Each day you will be served a variety of beautiful, organic, juices or plant based food options that have been created specifically for you.

If you are attending our plant based retreat, all meals will be wheat, gluten and dairy free. If you have any other requests, we will do our best to accommodate.



What to expect..

The Self Love Club will guide you to unlock an authentic connection to yourself that you may not have experienced for a number of years, if ever.

Over the course of the four days, we will be stepping through personal and emotional blocks, that you may or may not be aware you harbour within. Through our retreat, we will offer a number of tools, for you to practise, to decide what works for you and your personal circumstances in your day to day life.

This will assist you in your journey of remembering who you are and why the World needs you to show up as the incredible human being that you are.

An extremely safe space will be held for each and every one of you on the retreat as we step through your personal journeys.

There will be no judgement and you will leave with a brand new family.

- Seven Steps of Self Love
- Personalised plan of Self Love / Self Care
- Tools / Techniques to ensure consistency in all areas of your life
- Energy Blocks
- A vision for YOUR future self





What a typical day looks like

7am - Movement

8am - Breakfast

9am - Education Circles, Workshops

12 Noon - Lunch

2pm - Education Circles, Workshops

6pm - Time Out

730pm - Dinner

There will be evening activities that include:

- Sound Healing / Healing Circles
- Meditation
- Massage
- Healing Therapy

Please note, this is a loose plan that is subject to change and all activities will not be present on all retreats.

We are super excited to see you there !

