

AUTHENTIC SELF EMPOWERMENT



# AUTHENTIC SELF EMPOWERMENT RETREAT

27/10-1/11 2023

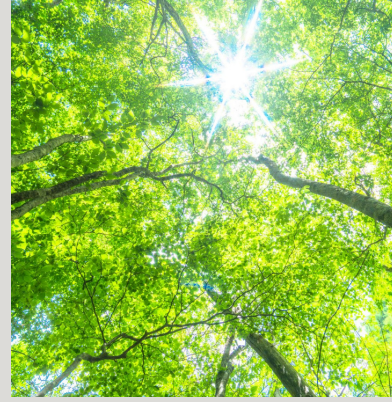
Switzerland, Locarno, Parkhotel Emmaus

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](http://www.authentic-self-empowerment.com/ase-immersion)



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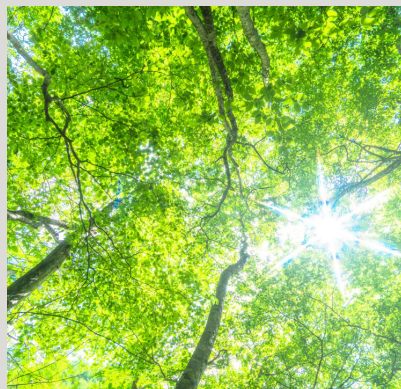
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