



THE
RESET
CODE

Holistic Wellbeing Retreat



Introduction

THE RESET CODE

Sunday 16th May -
Saturday 22nd May 2020

The Reset Code will take individuals on a five day (six night) fully immersive transformational journey of self-discovery and enlightenment.

The programme combines neuroscience, psychotherapy, yoga, meditation, hypnotherapy, cold water immersion therapy, art therapy and a wide range of different treatment modalities, designed to improve psychological wellbeing and achieve the greatest transformational effect over the duration of the retreat.

The Reset Code has been carefully created by the highly skilled Euphrenity team who are experts in their respective field of work and has been designed to fully realign and reset your body and mind. The programme will focus on three specific areas: Conscious living, elevation & alignment of the right hemisphere and the extrapolation of personal element & intuition.

Throughout the duration of the retreat, you will follow a structured daily routine consisting of psychological, physical & nutritional practices, there will also be space for self-reflection and introspection and the 1:1 support and guidance from coaches and therapists.

You will be based in the stunning rural retreat of Villa Blanca for the duration of your stay. The Villa is located in the tranquil village of Bunyola, close to the magical town of Deia. Villa Blanca has one of the most privileged views set within the Serra de Tramuntana and surrounded by the most authentic Mallorca landscape. The perfect place to fully reset body and mind.

The Retreat offers a unique holistic transformational experience that is suitable for individuals who are wanting to either overcome anxiety and stress disorders or for those who simply want to learn how to build, improve and sustainably maintain positive mental health and resilience whilst also understanding how to ignite heightened states of euphoria and serenity.

You are guaranteed to leave this experience with a greater sense of clarity and insight into yourself and will take away a number of tools and strategies that will help you continue with the journey once you return home.



Lisa Upton

Transformational Wellbeing &
Founder of Euphrenity

Lisa has spent years working along side some of the words leading Neuro Scientists, researchers and psychologists to create and design psychological wellbeing programmes that maintain and improve positive mental health.



Adam Laidler

Integrative
Psychotherapist

Adam is an experienced psychotherapist, coach and public speaker with a passion for helping and inspiring others to reach their potential. Adam's practice is found upon the very latest scientific research, which he blends with a sense of pragmatism and compassion. He also believes there is ample space for humour in the therapy room.

MEET THE TEAM



Mark Upton

Creative & Expressive
Art Coach

Mark has a BA Honours in fine Art & Sculpture and a passion and desire for igniting peoples creative spirit and extrapolating deep emotions. Through his work Mark has seen how art has the potential to heal and how the art-making process and creative therapies can be a reparative and a holistic approach for people to develop new ways of being and relating while gaining a deeper understanding and appreciation of themselves.



Phil Kelly

Human Performance Coach

Phil is a highly skilled human performance coach and qualified mountaineering guide, with over 20 years experience working with individuals and pro elite athletes to develop robust confidence, manage difficult emotions and build resilience.



Louise Harris

Qualified Yoga Teacher and
Mindfulness Coach

Louise has been a practitioner of yoga & Mindfulness for over 25 years and her passion for healing through movement and breath work lead her to curate a yoga practice that draws upon a variety of disciplines that realign and balance the energy body.



THE RESET CODE



Mindfulness, Meditation Yoga and Breath work

Enhance your understanding and fully experience the multi dimensional aspects of yoga. Ashtanga/vinyasa and iyenger practices will build strength and flexibility. Movement and breath work will draw upon kundalini, yin and energy release to establish a deeper connection with the energy body, inviting anything to the surface that is ready to heal.



One to One Therapy and Group Therapy

The opportunity to spend some time one on one with a therapist or coach and with the group to share experiences.



Neuroscience

Using a range of insightful contemporary modalities including Hypnotherapy and rewind therapy you will learn new ways to managing your emotions and learn new behaviours that reinforce positive mood states.



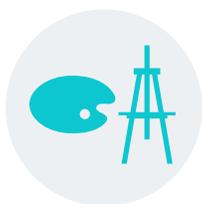
Neuro Nutrition

Healthy eating is an integral part of the residential retreat - to promote an overall feeling of wellness.



Physical Fitness

Guided Mountain Hikes, Challenging Cold water immersion rock jumps and swims.



Creative Therapy

Guided expressive arts, providing insight and healing, with this gentle therapeutic modality.



Fully Inclusive Fees

The cost includes accommodation, food and drinks, full therapeutic programme and 24/7 care.

Ceremony

An invitation to join a healing circle, using the medicine of Cacao to journey into a greater understanding of self.



ACCOMMODATION

At Euphrenity we believe that to reset and re-align yourself you need to be in an environment that encourages change and growth. We are confident that Villa Blanca provides the perfect place for transformation, nestled deep with the Tramuntana mountains range this historic Mallorca Finca was once home to an exemplary olive farm in the second decade of the twentieth century. Villa Blanca now host exclusive luxury wellbeing retreats the perfect space to reset yourself.

All rooms are based on single occupancy, there are however a small number twin rooms available (this will reduce the overall cost of the retreat) so why not invite a friend/partner to attend so you can experience this together.

Food will be provided throughout the whole experience and will consist of breakfast, lunch and evening meal which will be provided by a chef and will offer organic locally sourced vegetarian and/or plant based foods.





A typical day on the euphrenity retreat will consist of,

Morning

- Individuals will rise for some Early Morning Yoga/Meditation or breath work, followed by a healthy nutritional breakfast.
- Individuals will then delve into some transformational theory based learning, which will be followed by some expressive art therapy.
- A tasty lunch will be served by the in house chef and will consist of locally sourced organic foods.

Afternoon

- Afternoons will consist of more theory based learning, and psychology, stunning hikes through the Tramuntana mountain range, cold water immersion therapy with the added option of some challenging rock jumping at the magical and secluded Cala Deia Cove.
- A three course group dinner will be served by the in house chef who will vary the menu daily.

Evenings

- Individuals will have the opportunity for some much needed personal reflection or if they prefer some 1:1 therapy or coaching,
 - There will also be the opportunity for individuals to attend sacred space and cocoa ceremonies which will be a nourishing offering on the Euphrenity retreat.
-



Price to invest in yourself?

- The cost of the trip is £3250 per person
- If you would like single occupancy, please get in contact before booking to check availability.
- This cost includes 1:1 Coaching or Psychotherapy before during and after the retreat. Tuition, Yoga Meditation teachings, Art Therapy Cold Water immersion therapy, course material, hiking guide, accommodation and meals for the duration of your stay.
- Full refunds will be provided if COVID 19 prevents the retreat going ahead.

Planning

4 weeks prior to the workshop we will host the 1st 1-hour Introduction group online Webinar where you will get the opportunity to meet the rest of the group and 2 weeks prior to the workshop we will host a 2nd to further discuss the logistics of the trip and answer any questions.

First steps?

Due to the popularity of this retreat we require a 20% deposit to secure your place, 50% 6 months prior to the retreat and full payment 3 Months ahead of the retreat. Monthly payment options are available please express your interest with Lisa or Phil and we will arrange a call/meeting with you to check that this is the right programme for you.

In the interest of your own safety and that of the group, we may recommend that this retreat is not suitable for you.

So drop us an email today!

✉ lisa@euphrenity.com

✉ phil.kelly@pro-noctis.com

Euphrenity.com

euphrenity
A formula for life

pro-noctis
Development | Alignment | Performance