



Embody, Nurture & Rejuvenate your Feminine Essence with Gabriele Seewald

Unleash the Goddess within!

Weekend-Retreat: Saturday, 13 April 2019



Our Body is a sacred gateway to the Divine, to our Essence.

When we learn how to fully be in our Body, when we know how to work with our Body's Power, Intelligence and Wisdom to lead and create from and with Essence, we know how to be well on all dimensions of our being – physical, emotional, mental, spiritual – and in all areas of our life.

To know this, however, is only the first step, as in order to truly be well and create the Health, Wealth, Relationships, Success we desire, we need to live it, practice it daily and embody it = experience and feel ourselves as the Divine Beings that we are in our human physical form.



Connecting to our Essence through our Body also connects us to the Essence of all that is and allows us to experience ourselves as an individuated part of the Whole, different (unique) yet not separate from our fellow Humans, Nature, Mother Earth and the Universe.

When we embody our Essence and lead from our inner Power, we generate an energy-field that becomes a force of good in and for the world and draws goodness to us.

When as women, we embody our feminine Essence, when we are truly at home in our body temple, lead and create from our heart-power and with our womb-wisdom, we unleash the goddess within and become the powerful, sovereign and benevolent creators, leaders and nurturers that we are.

This weekend-retreat is designed to fit the full time-schedule of women in the professional world and/or with families, provides simple and effective practices to embody your feminine essence in a nurturing and rejuvenating environment.



Upcoming Retreat
Saturday, 13 April 2019

Retreat Schedule

9.00am – 9.30am	Arrival & Welcome
9.30am – 10.00am	Morning Tea & Opening
10.00am – 11.00am	Be at home in your Body Temple: Morning Practices
11.00am – 12.00pm	Journaling & Sharing & Questions
12.00pm – 1.00pm	Lunch
1.00pm – 1.30pm	Calling in your Essence
1.30pm – 3.30pm	Feeling into and Embodying your Feminine Essence by exploring the Feminine Gateways in the Body with Breath, Movement, Sound, Dance, talking with and listening to your Body
3.30pm – 4.00pm	Afternoon Tea
4.00pm – 5.00pm	Sacred Self-Care to nurture and rejuvenate your Essence
5.00pm – 6.00pm	Journaling & Sharing
6.00pm – 6.30pm	Powerful Evening Practice & Closing



Highly Recommend:

For a fully nurturing and rejuvenating experience, we highly recommend to arrive on Friday and stay until Sunday and book yourself for an optional Ayurveda Treatment @ Origin Yoga & Wellness and/or join Origin's Co-Founder Lydia Chang on a beautiful tour in the surrounding area of Taiwan's Yangmingshan Nationalpark and Northcoast.

About the Facilitator



Embodied Leadership –
Conscious Creation

Speaker, Author,
Retreat-Leader,
Workshop-Facilitator,
Bridge-Builder

Co-Founder of the
Resonance Academy
(www.resonance-academy.com)
and Resonance Resorts
& Spas

Happiness Impact
Institute Ambassador



FB: Gabriele Seewald
www.INESSENZ.world

Gabriele established Luxenosa Taiwan Ltd. in 2011 with the aim to represent advanced Cell-Care and all-natural Skin-Care Products from Germany and Australia in Taiwan.

This, paired with Gabriele's personal experience of healing from deep body-mind-spirit trauma, studying in various holistic and regenerative healing and wellbeing modalities and transformational coaching and leadership techniques, uniting ancient healing arts with modern quantum science, has led her to run a small Wellbeing Center REJUVENATE in Taipei and distribute quantum-physical cell-regeneration devices from her native Austria in Taiwan from 2014 – 2016 as well as leading corporate wellbeing & conscious entrepreneur- and leadership workshops and retreats.

When in 2016 her daughter and nanny suffered severe injury and trauma due to a road accident, she shifted her focus on helping them to fully recover and heal. Along that process, that marked 2.5 years of deep transformation in her life, she continued to engage with holistic deep healing and transformation approaches, reconnected with her roots in Intercultural Communications, Tourism- and Hospitality-Management and Global Business Development, learnt to embody her Essence which allows her to create and lead from a place of inner Power, Clarity and Wisdom and her unique feminine Essence which she brings to her clients in her

Embody your Essence Retreats and Workshops in her home Taiwan and her native Austria

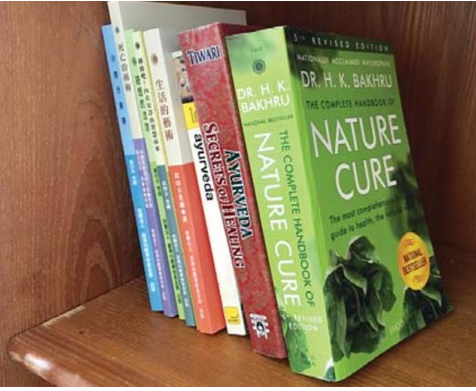
Customized Corporate Retreats

Speaking-Engagements on Embodied Leadership, Conscious Creation, Female/Male Essence

Consulting for Projects created from Essence and rooted in holistic, regenerative and embodied Wellbeing in Tourism, Education, Healthcare

In 2018 she published the book TAIWAN. The hidden Juwel. in her mother tongue German, with the intention of introducing Taiwan to German-speaking countries and attracting more sustainable tourism to Taiwan. The English version of the book is planned for 2019. She speaks on Embodied Leadership at The Best You Expo, London 2019

Ancient healing arts, modern quantum science, transformational leadership techniques, holistic management and wellbeing approaches, wisdom traditions and embodiment practices of the East and West inform her work.



Fee & Enrollment

NTD 4,800 including morning tea/lunch/afternoon snack, retreat materials, Essences & Oils for sacred self-care during the retreat

Maximum 8 participants.

For bookings and inquires, please email Ellen Cheng at ellencheng54@gmail.com or mobile 0926 071515.

For more information about Gabriele and her Retreats/workshops, please visit www.INESSENZ.world



Venue

Origin Yoga & Wellness

18 Haiwen Xincheng, Shimen District, New Taipei City, Taiwan
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