

—◦ @sasha\_miljus

# FLIP THE SWITCH

## Mini Retreat Series

Join me on each Tuesday for 6 weeks to become your own healer, saviour and lightworker. You hold all the tools.

Educate, embody and evolve, taking life into your own hands.

Flip the switch series.



# FLIP THE SWITCH

## Mini Retreat Series

6 week mini series programme to educate, embody and evolve. Shift your perspective and learn how to manage the fluctuations of the mind.

LOVE. LIFE. MAGIC.





I spent so much time, money and effort on the outside in, worrying about the perfect bikini body or how to feel comfortable in my own skin. This constant cycle of emotions and feeling safe and aligned that were in tune with my external appearance and possession, rather than my internal universe.

This is where my journey started, not everyone's is the same, however somewhere we need to learn the tools to come to that awakened state of self actualisation, self realisation and self LOVE.

Instead of the 12 weeks bikini body, this is my 6 week "bikini brain" series. Starting or continuing you on that journey to come back to yourself, the goddess that you are and the woman you wish to be. The best investment is that one you can make on yourself.

Love Sasha x

Learn the tools to flip the switch, changing the lens in how to see the world and the filter in how you hear the world. Let us evolve from the inside out, rather than constantly battling with the outside in.

Working through breathwork, journaling/creative techniques, NLP, guided meditations, somatic movement, yoga nidra and energy healing.

Recognise and release old patterns and limiting beliefs that keep you stuck in the same patterns and change life as you know it.

The journey is a constant wave of push and pull, everything around us is always changing, yet if we can be our constant, that's how we can begin to stay grounded and come from a place of love and compassion, always, certainly when it comes to ourselves.



### **Week 1:** Internal-eyes

First we invite our attention internally, creating space to notice and reconnect to our past, our patterns and our projections.

### **Week 2:** Awake-In

Recognise what no longer serves you and find the tools to shift your frame of reference. Awaken to your full potential.

### **Week 3:** In-to-me-see

Who do you choose to be. Identify with the role and responsibilities that you play and set yourself up to step into your future self.

### **Week 4:** All-line

Align your vision in your present and into your future, set your intentions to find your internal rhythm and belief.

### **Week 5:** Transend-dance

Its time to release all that was and dance into all that is. Embodying the self you choose to be and evolving into your new awareness.

### **Week 6:** In-to-great

Take all that you have learnt and find the tools to integrate from the roots up, planting strong foundations for your new future.



Each week we will take approx. 2 hours to listen, learn and let go. It starts with you.

**Date:** TBC (6 weeks series)

**Time:** 07:30pm - 9:30pm

**Location:** Papamoa

**What you need:** You, commitment, a mat, journal and something to be comfortable.

**Investment:** Sacred yes, \$555 all in, or \$111 for weekly installments.

**How to book:** To secure your spot email me [sasha@lovelifemagic.co.uk](mailto:sasha@lovelifemagic.co.uk). This will be a smaller group series to keep it nice and intimate.



*This will be my last series before the baby, however I will be hosting it again from May into June. So if you can't make it this time, there is always the next. None the less, no time like the present to put you first.*

*I hope you'll be joining me soon.*

*Love always, Sasha xxx*

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# IN·TO·ME·SEE

intimate (adj.) + cy

1630s, "closely acquainted, very familiar," also "inmost, intrinsic," from Late Latin intimatus, past participle of intimare "make known, announce, impress," from Latin intimus "inmost, innermost, deepest" (adj.), also used figuratively, of affections, feelings, as a noun, "close friend;" superlative of in "in" (from PIE root \*en "in"). Intimate (adj.) used euphemistically in reference to women's underwear from 1904. Related: Intimately.

-cy

abstract noun suffix of quality or rank, from Latin -cia, -tia, from Greek -kia, -tia, from abstract ending -ia (see -ia) + stem ending -c- or -t-. The native correspondents are -ship, -hood.

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