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.

FLP THE SWITCH

Mini Retreat Series

LOVE. LIFE. MAGIC

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

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 COVE. Justead 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 Gashx

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.

• @sasha_miljus

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.

@sasha_miljus

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. This will be a smaller group series to keep it ni 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.

> > () hope you'll be joining me soon.

love always, Sash xxx

@sasha_miljus

INFERNAL EVES

internal (adj.)+izare

French -iser/-izer, from Late Latin -izare, from Greek -izein, a verb-forming element denoting the doing of the noun or adjective to which it is attached.

AVAKE-IN

awæcnan (intransitive)

"to spring into being, arise, originate," also, less often, "to wake up;" earlier onwæcnan, from a- (1) "on" + wæcnan (see waken). Transitive meaning "to rouse from sleep" is recorded from 1510s; figurative sense of "stir up, rouse to activity" is from c. 1600.

Originally strong declension (past tense awoc, past participle awacen), already in Old English it was confused with awake (v.) and a weak past tense awæcnede (modern awakened) emerged and has since become the accepted form, with awoke and awoken transferred to awake. Subtle shades of distinction determine the use of awake or awaken in modern English. For distinctions of usage, see wake (v.). Related: Awakening.

N.FO.NE.SE

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.

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.

A PARK F

align (v.)

early 15c., "to copulate" (of wolves, dogs), literally "to range (things) in a line," from Old French alignier "set, lay in line" (Modern French aligner), from à "to" (see ad-) + lignier "to line," from Latin lineare "reduce to a straight line," from linea (see line (n.)). Transitive or reflexive sense of "to fall into line" is from 1853. International political sense is attested from 1934. The French spelling with -g- is unetymological, and aline was an early form in English. Related: Aligned; aligning.

TRANSEND.DANCE

/əˈfekSH(ə)n

c. 1600, from transcendent + -ence, or else from Medieval Latin transcendentia, from Latin transcendentem. Related: Transcendency.

transcend (v.

mid-14c., "escape inclusion in; lie beyond the scope of," from Old French transcendre "transcend, surpass," and directly from Latin transcendere "climb over or beyond, surmount, overstep," from trans "across, beyond" (see trans-) + scandere "to climb" (see scan (v.)). Meanings "be surpassing, outdo, excel; surmount, move beyond" are from early 15c. Related: Transcended; transcending.

-ance

word-forming element attached to verbs to form abstract nouns of process or fact (convergence from converge), or of state or quality (absence from absent); ultimately from Latin -antia and -entia, which depended on the vowel in the stem word, from PIE *-nt-, adjectival suffix.

IN-TO-GREAT /əˈfekSH(ə)n

A gentle feeling of fondness or liking.

Sometimes, the world need to be further affection to be able to enjoy living.

Flip the switch series.

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