

The background of the entire image is a photograph of a calm ocean. In the foreground, there are several small, white-capped waves breaking. Further out, a larger wave is visible, and the horizon line is straight across the middle of the frame. The sky is a pale, clear blue, and the overall lighting suggests a bright, sunny day.

# the drawout.

FOR YOUR HEAD & YOUR HEALTH



Draw·out: *Verb* /drô-out/ **(Used in Texas Hold'em Poker)**

1      To receive a card that transforms your hand from a losing hand to a winning hand.

# why

**because the only power that you need  
is the power within yourself.**

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With technology and social media at the forefront in our society today, people are subconsciously veering away from the connection with themselves, leading to continued rising mental health issues and chronic illness.

The Drawout is a retreat designed to combat our *hyper-focus on social media and comparison*, the *percieved pressures to keep up* in our society, the *glorification of being busy*, and environments that foster *negative competition among women*.

Inspired by a personal journey with Brain Cancer, The Drawout is creating a space to integrate balance back into your life and to help foster the most imporant connection that you need, the one with yourself.

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Profits from this retreat will be donated to the Brain Tumour Foundation of Canada, and Las Hermanas; a women group funding projects to encourage education and women-run Business in Troncones.

We're here to  
re-establish our  
relationship with our  
souls and the planet.

# what

**5 days with us in Troncones, Mexico.  
October 5 - 10, 2019 | 12 guests max**

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We've partnered with 6 unique creatives to cultivate an environment that connects you with everything that you need, and disconnects you with everything you don't.

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- 5 DAYS, 5 NIGHTS IN VILLA MILAGRO
- SPIRITUAL TEA CEREMONIES
- DAILY YOGA PRACTISE
- 2 NOURISHING MEALS PER DAY
- CONSCIOUS EATING WORKSHOP
- HUMAN-DESIGN READINGS
- REIKI HEALING SESSION
- BREATHWORK PRACTISES
- SURFING WHENEVER YOU WANT
- DOING NOTHING WHENEVER YOU WANT



# where

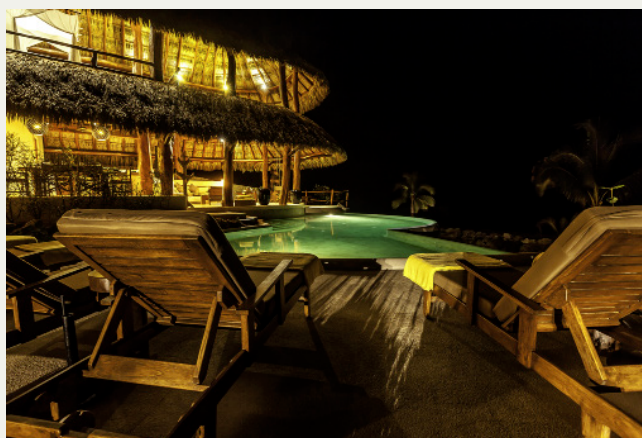
**In a private 3 building boutique home nestled between the jungle and the pacific ocean in the small town of Troncones, Mexico.**

**(Flying into Ixtapa, Mexico)**

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Villa Milagro - also known as 'House of Miracles' - is one of the most epic private properties in Playa Troncones. Consisting of three spacious buildings covered by thatched palm roofs, Villa Milagro is the perfect mix between organic architecture, and artistry.

The entire home is open to the Pacific Ocean with six private rooms and bathrooms, a pool, and private beach.



# who

## **Lauren Ryan, FOUNDER**

From a young age, Lauren had an innate understanding of what it means to surrender to the plan of the universe. Being adopted at birth, she spent her developmental years forging relationships with her spiritual guides and attributes her strength and success to her unwavering loyalty to her intuition. Lauren began coming to Troncones 6 years ago while her father was fighting Brain Cancer. They discovered through his transition into death that we all have the ability to tap into our inner power without any medicine, and that there is an eternal peace that lives inside all of us - the ultimate defence to anything life can throw our way. She started this retreat to help others tap into this too.

## **Bridget Reichert, YOGA**

Bridget has always based her decisions on how they feel verses the logic behind it. Sales rep for Vans Shoes, part owner of The Shoreline Hotel in Tofino and Yoga teacher, she has been mastering the integration of career and passion into her life since she was 17. Through increased self-awareness, finding space to allow your creativity to flow into your life purpose, and countless life-skills, Bridget is here to help align and inspire you to live your full potential.

## **Taylor Godber, FOOD**

Taylor is a leader in sport and exploration. Professional snowboarder and adventurer, her mission is to inspire through action; living life to the fullest, where limitless potential resides. Born in Tswassen, her home now is the mountains and oceans of the earth and she continues to venture to new places each day. Through her endeavours, Taylor has acquired a deep understanding of food based medicine, and has established a healing relationship between our bodies and what we eat that inspires expansion and shifts perspectives for others.

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**Lauren Demytruk, KUNDALINI**  
**Karen McMullen, HUMAN DESIGN**  
**Rolando Morales Perez, REIKI**





Do it for

Brain Cancer

Mental Health

The Planet

Your brother

Your sister

Your kids

Your career

Your gut

A new perepective

Yourself

**Life is fun.**



The background of the entire image is a photograph of a beach at sunset or sunrise. The sky is a pale, clear blue. The ocean is filled with waves of varying sizes, with white foam visible as they break. The water in the foreground is a deep blue, while the waves further out are a lighter, turquoise color. The overall mood is peaceful and calming.

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