



SEDONA ARIZONA

GO
WITHIN

Vanessa Leigh Therapy SOMATIC THERAPY TRANSFORMATION

A TRANSFORMATIONAL JOURNEY INTO AUTHENTICITY

I am honored to offer a safe, authentic space for participants to be wholeheartedly supported throughout this profoundly transformational, deeply uplifting and life-changing experience.

We will be journeying into self acceptance in connection with others for seven transformational days. Set amongst the awe inspiring energy of Sedona, Arizona connecting deeply in nature and the surrounding environment. Daily hikes, meditations, sound and energy healing amongst the red rocks, sacred sites, vortexes, creeks, lakes and hot springs.

Stepping into, with conviction, support and internal belief and trust, our creative passions and pursuits and living more in alignment with our life purpose.

This transformation is for those who want to truly live out who they came here to uniquely and unapologetically be! I cannot wait to guide, witness and journey alongside you all with faith, love and complete acceptance and belief.

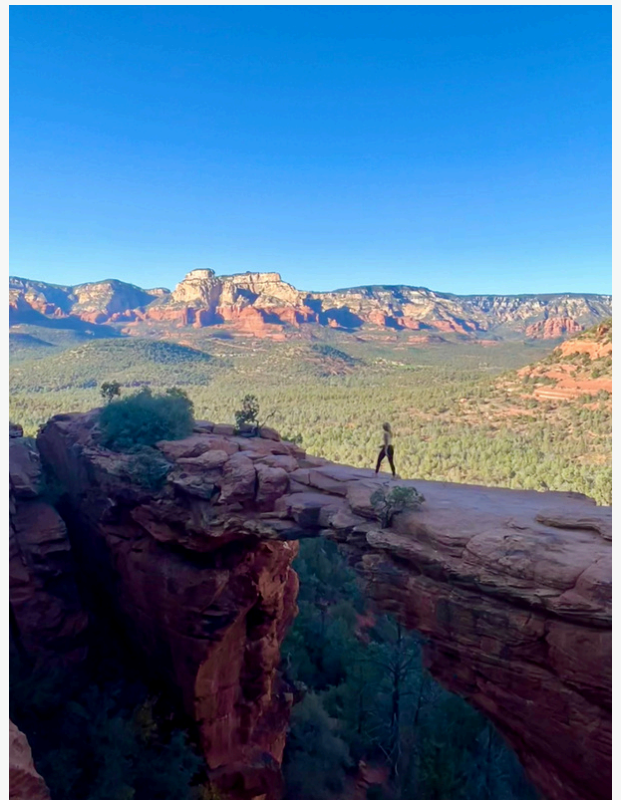
Intended Dates

Thursday June 5th 9am

Tuesday June 11th 9pm + optional trip to the four corners via sacred sites

Destination

Sedona, Cornville Arizona
Surrounding Nature Sites



CONNECTION

vanessaleightherapy.com



TRANSFORMATION

OVERVIEW



EXPERIENCE & INTEGRATION

This Sacred Retreat is for those ready to let go of past conditioning and suffering, to grow, connect and uncover your true authentic self.

This is not only a retreat Escape! It's a retreat TRANSFORMATION!!!

Across 7 days and 6 nights be prepared to shed layers of your old self, clear away the barriers within that no longer serve, breathe life back into your personal power and welcome the freedom of your authentic self.

Receiving guidance as you step back out with your heart open and your fears and worries no longer holding you captive.

You will leave with the imprint of deeply authentic and vulnerable connections and lifelong bonds with myself and other participants.

This is a real-world in-depth experience, not just a surface level feel good escape, to create profound change in your life and continue to expand your personal development long after the retreat ends.

DAILY INCLUSIONS

- Morning group breathwork and somatic movement
- Daily adventures and hikes in nature
- Group meditations, harmonic resonance and intention setting.
- Energetic bodywork, self healing and frequency harmonisation in connection with others - flipping the paradigm of saving or being responsible for others to self responsibility for the greater good of all
- Afternoon or evening visits to local falls, creeks and hot springs.
- Group connection circles - sharing and witnessing in an authentic, safe space
- Native flower and plant essence making
- Group dinner preparations in rotation and shared meals including gratitude practices
- Nightly outdoor gatherings, breathwork and sound healing through music and song
- Guest singer and sound healer.
- A celebratory night out including dinner and live entertainment in Cornville.
- Optional night out for dinner and live music or karaoke



DAILY SCHEDULE

ALLOWING FOR INTUITIVE GUIDANCE



EXPERIENTIAL HIGHLIGHTS

Uncover your authentic, unapologetic self in connection and celebration with others.

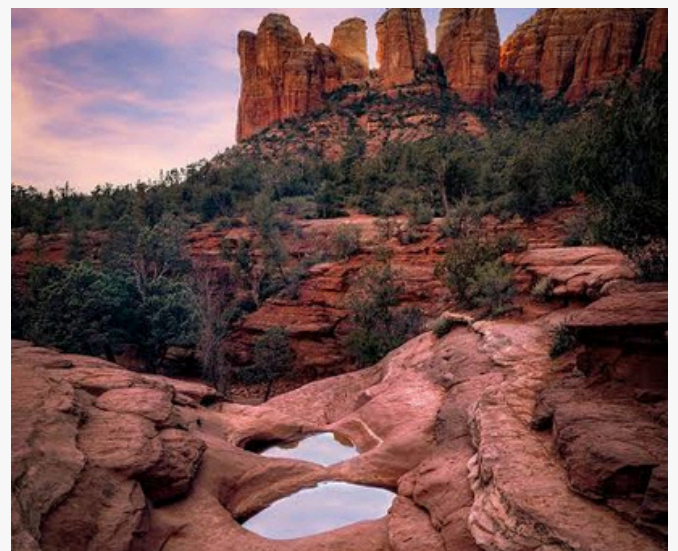
This is a down to earth real life experience. Yes there will be therapeutic connection and healing but most of all there will be authentic expression and real life experiences where we go with the flow, not just to a structured schedule and we connect with the community aswell as deeply outdoors in Nature.

Journey into the heart of Sedona's beauty and form a deep relationship with self, Mother Earth, the Elements and the Spirit of this sacred land.

Immerse Yourself in Sedona's Energy exploring iconic sites like Bell Rock, Stupa Peace Park, the Church of the Holy Cross, Devils Bridge, Cathedral Rock and Airport Mesa depending on guidance; each offering unique opportunities for connection amongst nature.

Deep Healing Meditations unlocking clarity, purpose, and expansive awareness

Open your heart, remember and embody your most authentic self



INCLUSIONS



- Daily guidance, group and one on one therapy support
- A safe container to be witnessed, and safely express
- Daily meditation, connection and healing sessions within the group and out in nature
- Understanding, learning, group and individual application of hermetic therapy healing
- A personal customised herbal or plant medicine tonic for your journey and nutritional recommendations
- Insights into energetic bodywork and how to connect with and use energy to maintain a high vibrational field
- Group container and online support following retreat
- Dinners cooked in connection and group meals
- Lunch items for offsite and any extras you may personally require will be brought in group.
- The experience will run from a rented home in Sedona and at sacred sites in the natural surroundings.
- A celebratory night out with live entertainment
- Guest singer sound healing
- Possible horse assisted connection



SIGNING UP



- **Total Cost for guidance for 7 full days and nights**
- **\$555** - Deposit of **\$333 upfront to secure space**
- Cash, Credit, debit and paypal payment options
- Payment plans available/instalment options available
- limited spaces available as this will be a deeply transformative and intimate experience
- + shared accommodation divided equally amongst participants (Estimated \$70 Per night = \$500)
- + group food provisions (estimated \$150 for 7 days including celebration dinner out)
- + shared transport 2 hire cars/gas (est \$300pp)
- Flights not included - **Total Estimated Cost \$1500**



Money should not be a barrier to healing hence why my retreats are priced with intention, affordability and not profitability at the forefront. If expenses are creating a barrier, but you feel deeply called to embark on this journey, please reach out to discuss payment options/plans.

I will also have space after the retreat to provide one on one 2hr in depth counselling and individual bodywork sessions in the area, at \$177 in addition or if you want to connect for healing but cannot attend the retreat

CONTACT VANESSA AT INFO@VANESSALEIGHTHERAPY.COM OR ON 0402 920 722 TO RECEIVE A SIGN-UP FORM



HELLO FROM VANESSA LEIGH

Vanessa Leigh

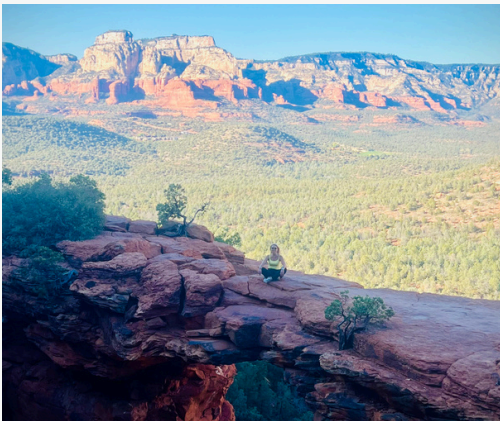
PSYCHOSOMATIC THERAPIST, HOLISTIC
COUNSELLOR
NATUROPATHIC CLINICIAN, ARTIST

As a trained Naturopathic Practitioner, Psychosomatic Therapist and Counsellor with a background in childcare, teaching, Graphic Design & Art, Vanessa brings extensive knowledge in mental health, holistic health, herbal medicine, counselling, creative therapies, interpersonal relationships and deeply lived experience to all the places she assists in allowing others to connect to their own innate ability to feel and heal.

Vanessa is a natural born space holder, channel for authenticity and an empathetic communicator and has dedicated her life to be of service to assist people to heal past trauma, uncover love and self belief and live their best and most authentic lives.

Vanessa is based in Melbourne, Australia but travels the world to gain greater knowledge and awareness and a deeper connection to people, cultures, nature and sacred sites and to offer her assistance wherever she is guided and needed.

Vanessa provides one on one sessions, individually tailored, group classes, workshops and transformative immersions for collaborative healing incorporating all modalities. Vanessa also loves to transform the depth of emotion and connection into the written word, music and art and sharing and celebrating freedom of expression through poetry, song writing, drawing and calligraphy.



Vanessa Leigh Therapy
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COLLABORATIVE CONNECTION



COLLABORATIVE CONNECTION

The essence of group therapeutic connections reveals itself as a powerful force that transcends casual relationships. Joining together with a shared purpose, the journey takes on a deeper meaning, weaving together individual narratives into a collective tapestry of discovery. Deep and vulnerable bonds create a harmonious energy that amplifies and goes beyond the overall individual healing experience.

Individual contributory offerings within the group encompass bringing an offering unique to you. Something you would like to share or lead the group in experiencing or teaching such as part of a modality you have learned, an activity or exercise, or sharing something important to you that you feel the group could benefit from.

Group therapeutic connections enable us to experience being vulnerable, courageous and authentic in a safe and mutually beneficial environment. Allowing us to bravely continue and maintain the uncovering of our true and authentic selves as we reintegrate back into our everyday lives feeling supported.

TESTIMONIALS

Well where do I begin with this incredible WOMAN. Not long after my first session with Ness, the opportunity to travel to Mt. Shasta came forth and the trip was one like no other. True authenticity, open hearts, and oneness. Ness is a force of love to be reckoned with. I honestly don't know how she does it! Her ability to hold herself and us all, while channeling, organising 9 women, doing hands on healing, and calling us forward with love to be the best versions of ourselves; I'll be forever grateful to her, and all the incredible light she has brought to my life and the planet for us and generations to come. The work she is doing is so incredibly important and special and I am SO excited for all the people who get to walk alongside her and be guided by her wisdom. Love you Ness x - Cassie

I have been on many Retreats over my 60 years, and I have to say this retreat was the best retreat I have ever experienced; monumental and transformational. Vanessa is such a beautiful soul and the way she held this retreat was not only full of wisdom but just so loving, caring and nurturing. Taking us out of our comfort zone, I have never experienced anything like it and learnt so much! I loved every minute being there and I have truly come home a different person feeling amazing and ready to fulfil my passions and purpose!! Thank you deeply Ness and all the wonderful souls on this retreat: I will never forget this - Robyn

One word for this lady "amazing" Vanessa is extremely passionate and skilled. Our first appointment I immediately felt someone was listening and genuinely cared. We have built a beautiful relationship. Her knowledge and empathy is natural and free flowing. Vanessa is the true definition of an Angel - Jen

A life changing experience facilitated by Vanessa, every aspect of the retreat contributed to a deep sense of introspection and renewal. Vanessa did an amazing job of creating a warm and welcoming atmosphere that immediately put everyone at ease. Some beautiful lifelong friends were made on this special journey. I highly recommend Vanessa to anyone seeking a profound journey of self-discovery. It's a testament to her expertise and dedication to creating meaningful experiences that leave a lasting impact on the heart and soul. JL

Vanessa is absolutely amazing & I am so blessed that we have crossed paths. Vanessa is very passionate & genuinely takes the time to listen, care & connect. Every time I visit Vanessa, I come out feeling cleansed & taken to another level of understanding, clarity & healing. Vanessa's empathy is next level & truly heartwarming. Thank you Vanessa for your love, support & guidance - Olivia L