



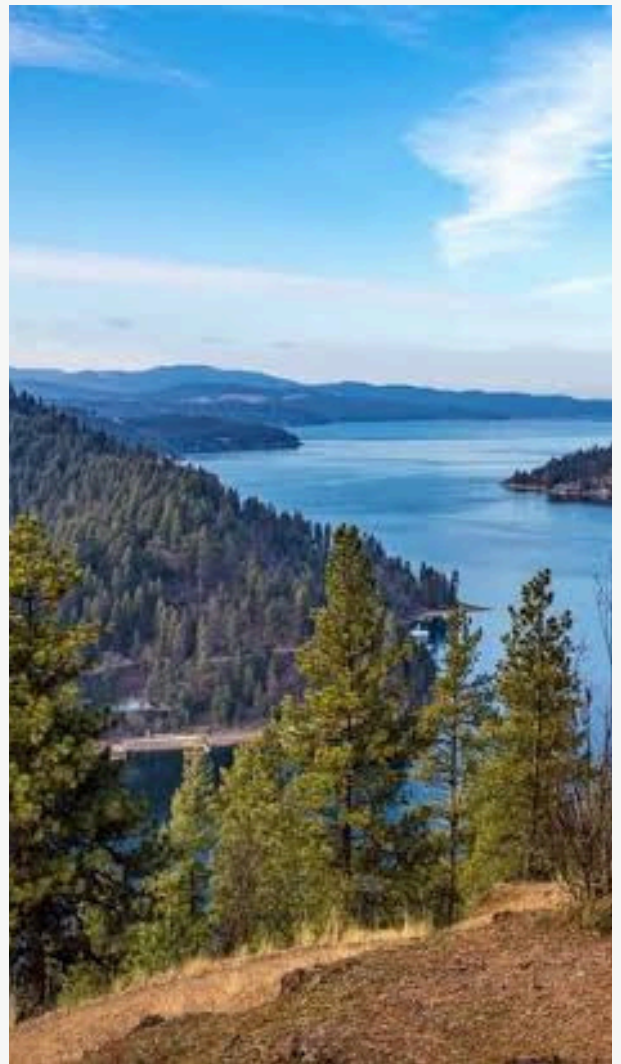
GO
WITHIN

Vanessa Leigh Therapy PSYCHOSOMATIC THERAPY RETREAT

A TRANSFORMATIONAL JOURNEY INTO AUTHENTICITY

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

We will be journeying through deep layers to get to the core of your true and authentic self. Honoring and releasing with love and intention outdated belief systems, personal, societal and collective programming, conditioning and conformities allowed or placed upon us. Stepping into, with conviction, support and unwavering internal belief and trust, our creative passions and pursuits and living more in alignment with our life purpose. This retreat is not for the faint hearted but will be for the ready to be wide open and brave hearted! For those who want to truly live out who they came here to uniquely and unapologetically be and I cannot wait to guide, witness and journey alongside you all with faith, love and complete acceptance and belief.



CONNECTION

Intended Dates

Friday evening June 21-Monday
evening June 24th 2024

Destination

Coeur d'Alene Idaho
Surrounding Wilderness Sites

vanessaleightherapy.com



RETREAT

OVERVIEW



THERAPEUTIC HEALING EXPERIENCE AND INTEGRATION

This retreat incorporates vast studied knowledge and experience within the mental, scientific, natural and alternative health fields to deliver an extensive program of healing and self-discovery.

You will feel held and supported as I guide you, and you allow yourself to fully connect, to not only your higher self, but to source and oneness and the love from which we all came. This safe and loving space allows you to re-member your true self; the version of you before you were conditioned and told what to think, feel, believe and do that may not have been authentic to you. To what has contributed to and created the disconnection and dis-ease that may have manifested into emotional turmoil and or physical disease that you yearn to transform and heal to live a more fulfilling and purposeful life.

I provide this space in deep connection from a pure source of love, humbleness, non-judgement, compassion and embodiment of learnt and lived experience. With loving support; releasing of fears, past conditioning, doubts and suffering you will walk away with greater conviction and self-belief, feeling lighter, supported and full of hope and alignment with a deeper connection to your authentic self.

Receiving guidance from your true self 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. Receiving loving guidance and being held in a supportive container with myself and other participants in our online group space where we can assist each other going forward.

This is a real-world in-depth experience not a surface level feel good escape or in the moment experience and aims to address the underlying emotional contributors to dis-ease and create profound change in your life and continue to expand your personal development long after the retreat ends.



DAILY SCHEDULE

ALLOWING FOR INTUITIVE GUIDANCE



FRIDAY EVENING

5pm; Welcoming circle, introductions and sharing in group

6:30pm: Group dinner and connection

7:30pm: Overview of the itinerary, expectations of individuals and within the group and any questions

8:00pm: Group circle and getting into connection with self, followed by closing channeled meditation

Note: Although the itinerary is planned out, I always trust and allow room for guidance to take us further into a particular space or out of our comfort zones as needed and in alignment with the 'real world' and free from the restraints of having to cut things off to adhere to scheduling.

SATURDAY

The first day is all about the past; past conditioning, patterning and imprints either we instilled or allowed or placed upon us and the work on clearing outdated patterns and belief systems no longer in alignment with our authentic selves.

9:00am Morning group therapy circle - sharing and witnessing in an authentic, safe space

Outdoor nature site getting in connection together learning about the body and emotional areas including overview of Hermetic therapies - psychosomatics, somatic mind body activation & release; picnic lunch

Individual contributory offering within group

6:30pm: Group dinner and connection

8:00pm: Group circle and getting into connection with self and collectively with a channeled meditation. Further releasing intention setting, honouring and letting go.



DAILY SCHEDULE

ALLOWING FOR INTUITIVE GUIDANCE



SUNDAY

Today is all about the present, and being in the moment; sacred present intentions for the here and now and guidance in how to simply, effectively connect and go within on a daily basis.

9:00am Morning group therapy circle - sharing and witnessing in an authentic, safe space

Outdoor nature site getting in connection together understanding emotional signs and signals within the body and what areas in the body relate to what emotions using hermetic therapy activation areas; picnic lunch

Individual contributory offering in group

6:30pm: Group dinner and connection

8:00pm: Group circle and getting into connection with self, followed by channeled meditation and solidification and conviction of present intention setting.

MONDAY

This last day is all about the future, preparations, goals, processing, and integration.

9:00am Morning group therapy circle - sharing and witnessing in an authentic, safe space

Outdoor nature site getting in connection together integrating lessons about the body and emotional areas including hermetic therapy implementation with a deeper understanding of how to uncover, feel into and clear areas within your own bodies; picnic lunch

Individual contributory offering in group

6:30pm: Group dinner and connection

8:00pm: Group circle and getting into connection with self and collectively with channeled meditation and future intentions set for departure. Closing in support of one another with gratitude.



RETREAT

THERAPEUTICS



THERAPUETIC HEALING MODALITIES AND PRINCIPLES INCORPORATED

Somatic therapies focus on the connection between the mind and body and examine the ways in which emotions may manifest within the body and engage the whole body while navigating thoughts, emotions, and memories, unlike traditional forms of therapy which focus only on engaging the mind. Somatic therapies can assist a variety of conditions such as trauma, stress, anxiety, depression, self-esteem, trust and intimacy issues, grief, loss, addiction and more which will be the mainstay of this therapeutic retreat.

Psychosomatic therapy and holistic counselling look at how the mind affects the body and where trauma is stored, using emotional release trigger point therapy alongside body language, posture, physical ailment signals and their contributors, and explores and uncovers how we can be more in alignment and ease within our own bodies and minds and have a greater understanding of others.

Naturopathic Medicine aims to treat the root causes within the body physically and emotionally using a combination of mental, emotional and body therapies, nutritional and herbal medicines and support underpinned by scientific and experienced evidence.

All therapies aim to address the underlying emotional contributors to dis-ease and greatly change a person's life and continue to expand their personal development long after the initial treatment and not just provide a feel good in the moment experience but offer life changing results.

Hermetic Therapy is the umbrella term, and I will be using all studied knowledge as well as deeply lived and transformed experience, extensive interpersonal and individual work with clients, my background in childcare and therapy and my connection, belief and trust in my own and your own innate wisdom and guidance to provide a highly personal and deeply transformative real-world experience.



CONNECTION

GROUP THERAPEUTIC HEALING



INTERPERSONAL COLLABORATIVE CONNECTION

The essence of group therapeutic connections reveals itself as a powerful force that transcends casual relationships and when we join together with a shared purpose, the journey takes on a deeper meaning, weaving together individual narratives into a collective tapestry of discovery. The resonance of shared beliefs, aspirations and the 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 to the group a 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 therapeutic movement exercise, or sharing something important to you that you feel the group could benefit from. This is not in depth or to be over analysed, anxious about or thoroughly planned.



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.



HELLO FROM VANESSA LEIGH



Vanessa Leigh
PSYCHOSOMATIC THERAPIST,
HOLISTIC COUNSELLOR
NATUROPATHIC CLINICIAN

As a trained Naturopathic Practitioner, Psychosomatic Therapist and Counsellor with a background in childcare, teaching, Graphic Design & Art, Vanessa brings to the Retreat extensive knowledge in mental health, holistic health, herbal medicine, counselling, creative therapies, interpersonal relationships and deeply lived experience. Vanessa is a natural born healer and empathetic communicator and has dedicated her life to be of service to assist people to heal past trauma and live their best and most authentic lives.

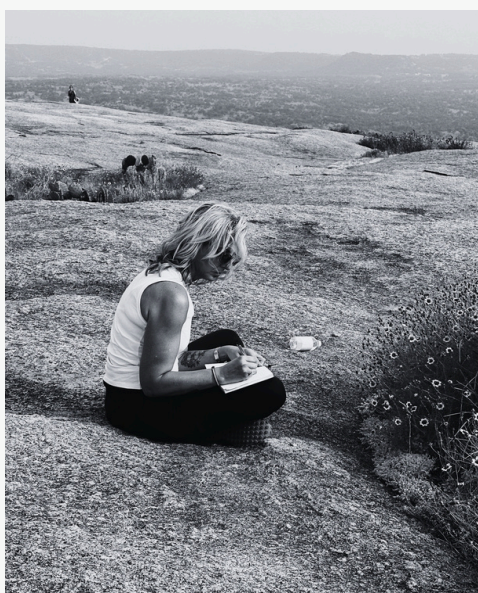
Vanessa is based in Melbourne, Australia but travels the world to gain greater knowledge and awareness and a deeper connection to people, cultures, nature and sacred sites and to offer her assistance wherever she is guided and needed.

Vanessa Leigh Therapy
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www.vanessaleightherap.com
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INCLUSIONS

- Daily guidance, group and one on one therapy support
- A safe container to be witnessed, held and safely express
- Daily meditation, connection and healing sessions within the group and out in nature at sacred wilderness sites
- Understanding, learning, group and individual application of hermetic therapy principles and practices
- Included worksheets
- Personalized nutritional, herbal and plant medicine support for your journey
- Insight into quantum physics and how to connect with and use energy to maintain a high vibrational field
- Group container and online support following retreat
- All Dinners catered for and snacks provided
- Lunch items for offsite and any extras you may personally require to be brought to retreat. Fridge/storage available
- The retreat will run from a rented home and offsite in local natural environment's conducive to the therapy
- Breakfast items provided for those staying in-house or to be eaten before arrival if coming from the area.



SIGNING UP

- **Total Cost** for all inclusive four nights and three days **\$1,111 USD** (without accommodation)
- \$1,222 USD including Airbnb accommodation with me & others if travelling from outside the area & needed
- **Deposit of \$333** required upfront to secure space
- Cash, Credit, debit and paypal payment options
- Payment plans available/instalment options available

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 via whatsapp on +61 402920722 to receive a sign-up form



TESTIMONIALS

TRANSFORMATION & INTEGRATION



Well well well, where do I begin with this incredible WOMAN. I knew I would meet Ness, from the moment I heard about the work she does, I just had to meet this woman and experience her magic, it was just a matter of when. A few months later I was at a point in my journey when I knew I needed some support and my soul knew it was time to meet her. I booked in my first session with her and wow, my mind was blown but most importantly I felt so held and so seen.

Vanessa helped me in ways I can't even begin to describe. I remember the deep emotions, and she helped activate the wisdom that had been laying dormant inside my body and just always believed in me and could see the woman I came here to be. Even if at that time I didn't fully realise it, she knew and reminded me of my love and power. Since then it's been a beautiful domino effect of expansion, releasing and love like never before.

Not long after my first session with Ness, the opportunity to travel to Mt. Shasta came forth and I knew I was going to join them. 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 to Mt Shasta 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, and there were lots of tears and so much laughter. Taking us out of our comfort zone at times everyday was so exciting and the places where we shared in group therapy and meditated in nature were beautiful and healing for the whole group and just wow amazing!!! I have never experienced anything like it and have learnt so much!

Staying at the base of the mountain and all together in communion and the food we cooked and shared was delicious and heartfelt. I loved it and every minute being there and I have truly come home a different person feeling just amazing and ready to fulfil my passions and purpose and have let go of so much past suffering!! Thank you deeply Ness and all the wonderful souls that were on this retreat: Thank you from the bottom of my heart I will never forget this special Retreat - Robyn

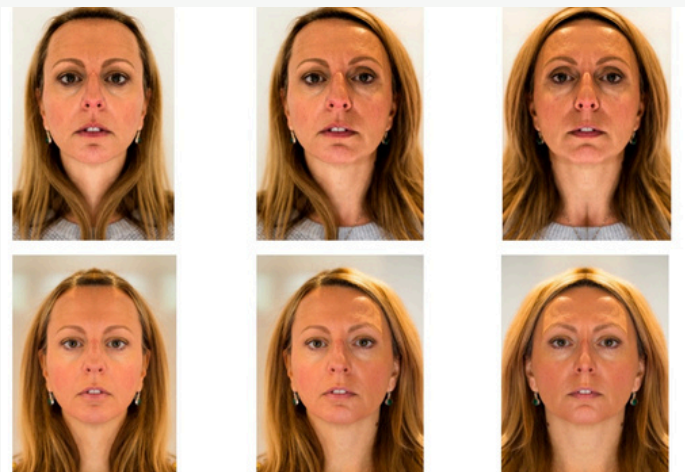
One word for this lady "amazing" Vanessa is extremely passionate and skilled. I remember my first appointment and I immediately felt someone was listening and genuinely cared. We have built a beautiful client /clinician relationship. Her knowledge and empathy is natural and free flowing. Vanessa is the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

A life changing Retreat. I recently had the privilege of attending a spiritual retreat facilitated by Vanessa, and it was a truly transformative experience. From the serene setting to the thoughtful activities, every aspect of the retreat contributed to a deep sense of introspection and renewal.

Taking place in beautiful Mt Shasta, Northern CA, the peaceful environment was perfect for quiet contemplation, healing and purging of the old. 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's retreat to anyone seeking a profound journey of self-discovery and spiritual renewal. It's a testament to her expertise and dedication to creating meaningful experiences that leave a lasting impact on the heart and soul. I can't wait to go on the next one. JL

*I had a psychosomatic healing with Vanessa and with her loving approach I felt at ease and able to take my time to open up old grievances from childhood memories. With extreme care and loving hands and heart that went deep into these subconscious wounds and emotional hurts. Vanessa also followed up with naturopathic remedies to support the healing process as well as words of wisdom to reflect on, which really helped to confront mental blockages. I am now always able to revisit the healing messages as 'things' come up. I have recommended Vanessa's unique healing approach to others and will do further healing sessions and continue uncovering my unique self. Thanks again
Feeling blessed - Jennifer P*

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



Before (with makeup) and after (no makeup) 10 days of psychosomatic therapy training and even just one session can make a big difference