



### WHO'S THIS **RETREAT FOR?**

You know there's something more to this life. You feel the niggle deep down that never seems to go away. You're ready to take a step forward that opens the door to the life you have always dreamed of. A life where your potential is realized and you blow your own mind on what's possible.

### WHERE? *MUSCAT, OMAN*

Reconnect and reinvigorate your senses in a place of incredible natural beauty. From rugged mountains to vibrant emerald waters, across powdery sand beaches, Oman has something special for all who visit. You'll have the time of your life.

### WHEN? OCTOBER 9TH 2024



# Day 1: Mindful Arrival

8:00 AM - 9:00 AM:	We
9:00 AM - 10:30 AM:	Ope The
10:30 AM - 12:30 PM	: The
12:30 PM - 1:30 PM:	Lur
1:30 PM - 3:30 PM:	Wo
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7:00 PM:	We

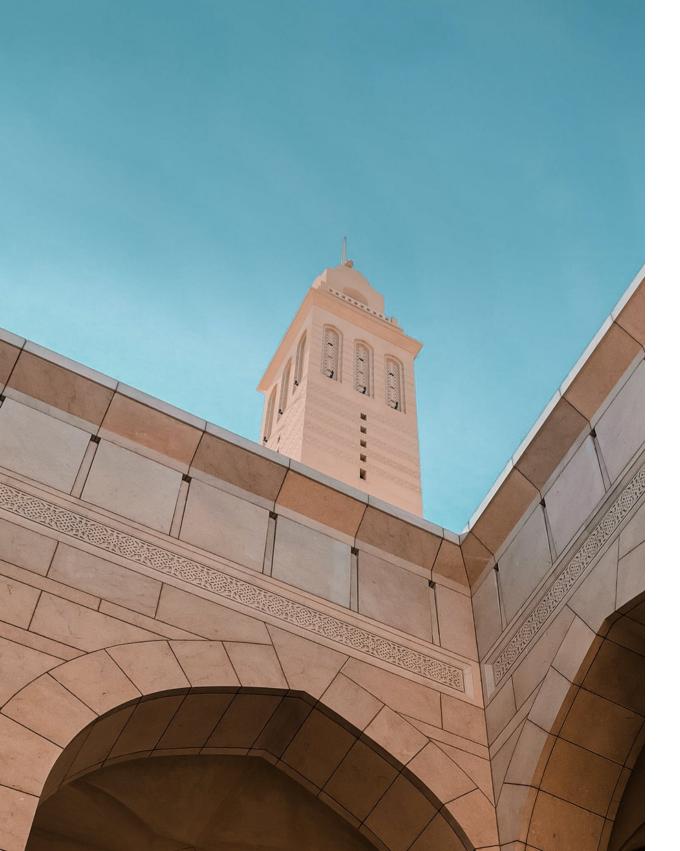
- elcome Breakfast and Registration
- ening Ceremony and Introduction to e Inspired Transformation
- e Code, Introduction -1st Session
- nch
- orkshop: Understanding Your Mind
- ernoon Tea Body Transformation t Session
- lcome Dinner



# Day 2: Body-Mind Connection

8:00 AM - 9:00 AM:	Morr
9:00 AM - 10:30 AM:	The (
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- ning Yoga
- Code, Processing 2nd Session
- sformational Body Therapy Session
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- kshop: Embracing Change
- sformation Meditation
- up Dinner



# Day 3: Emotional Wellness

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9:00 AM - 10:30 AM:	Emo
10:30 AM - 12:30 PM:	The
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- up Session
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- Code, Relationships 3rd Session
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- sformational Body Therapy Session
- sformation Meditation
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## Day 4: Empowerment and Growth

8:00 AM - 9:00 AM:	Morni
9:00 AM - 10:30 AM:	Work
10:30 AM - 12:30 PM:	Creati
12:30 PM - 1:30 PM:	Lunch
1:30 PM - 3:30 PM:	Trans
3:30 PM - 5:00 PM:	Trans
7:00 PM:	Farew

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- shop: The Code, Money -4th Session
- ive Expression Workshop
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- formational Body Therapy Session
- formation Meditation
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#### THE INSP UNIVERSITY

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8:00 AM - 9:00 AM:	Final <sup>-</sup>
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10:30 AM - 12:30 PM:	Closir
12:30 PM - 1:30 PM:	Farew
1:30 PM	Check

## Day 5: Integration and Departure

- Transformation Meditation
- ration Session: Bringing It All Together
- ng Ceremony
- well Lunch
- k-out and Departure