

PROFOUNDLY COMING BACK HOME TO YOURSELF, TO YOUR BODY, AND TO YOUR DIVINE FEMININE ENERGY

An Exclusive Healing Retreat

Join international Somatic Intelligence coach, TED Speaker, and the founder of the 5 Elements of Somatic Intelligence method - Chen Lizra - for a magical retreat of breathing, meditation, healing, bonding, movement, embodiment, and wonder.

This exclusive and intimate 10-Women Retreat is designed to restore balance to your entire being on every level. Every aspect of this retreat is designed to allow for spaciousness, deep healing, joy, flow, and deep integration. It is designed to support you on every level needed during our time together and accelerate your growth and transformation through the 5 Elements of Somatic Intelligence.

Feel whole and embodied, as a woman.

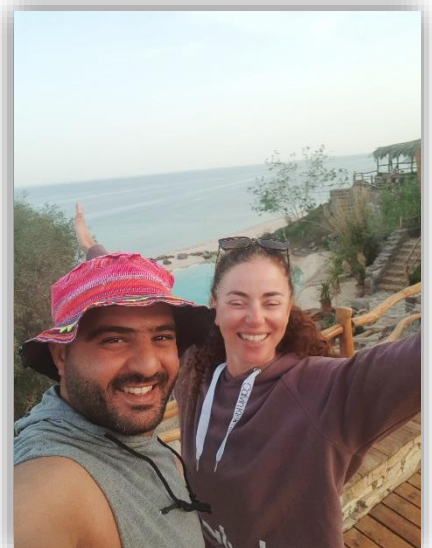


RESERVE YOUR SPOT TODAY!

Who is it for?

This is for you if you are a female change-maker wishing to:

- ✓ **Connect to your feminine divine energy** - learn how to embody the mesmerizing sabrosura that taps you into your divine feminine energy making you feel uniquely gorgeous while boosting high self-confidence and self-worth.
- ✓ **Lead from power combined with softness** - learn to combine your power and strength with captivating softness for greater impact. Learn to trust yourself and life on a deeper level. Strengthen your leadership.
- ✓ **Form your own powerful and supportive female tribe** - meet the most amazing female change-makers who like you have gone through witnessing and our healing process and are ready for the next level up. Deepen your relationships.
- ✓ **Nourish your body and your soul** - come back home to yourself, feel more, land deeper within, and tap into your embodied wisdom through the 5 elements of Somatic Intelligence. Allow Sinai to restore your connection to the divine.
- ✓ **Replenish your energy** - connect with mother earth, ground yourself, and let your creativity overflow. Connect to something greater than oneself. Feel the belonging, the connection to your body, and to the divine energy of mother earth.
- ✓ **Have a detox** - disconnect from social media, information, and connectivity and indulge in the most magnificent feeling where it feels like every day like a honeymoon. Find quietness inside, more stillness and satisfaction in life.



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About the Retreat

The **10-women's exclusive retreat** is a transformative multi-day retreat where you get access to Chen Lizra in an intimate group of 10 women in a unique location while learning the wisdom of your embodied femininity.

Each day flows from 8 am till nighttime in the flow of nature on 'Sinai time,' allowing for deep relaxation, tuning in, bonding, acquiring new embodied wisdom, and beautiful softening.

Land back into your body and soul.

What's Included	What's Not Included
<ul style="list-style-type: none">• World class self-development with Chen Lizra.• 7x Nights accommodation in a personal cabin on the beach in Camp Aladdin in Sinai, Egypt.• All delicious breakfasts, lunches and dinners (vegetarian or meat/fish).• Transportation to/from activities.• All your workshops – bodywork, coaching workshops, connecting exercises, group reflection, meditation and much more.• Taxi from Sharm El-Sheikh airport to the camp and back.• Unforgettable experiences inside Sinai culture enhancing your learning.	<ul style="list-style-type: none">• Your flight, visa and medical insurance.• Taxis in Sharm El-Sheikh.• Drinks, tips and personal spending.

Note: "Intuitively I'll give you more than you signed up for. If I sense that you need more support, I will intuitively respond and create what would support your highest level of transformation."



Sample Schedule

	Day 1
8:00	Meditation and morning somatic practices
9:00	Breakfast
10:30-12:30	Workshop
13:00	Lunch break
15:30-17:30	Workshop
19:00	Dinner

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POWER OF
SOMATIC
INTELLIGENCE
Embodying your True Essence

RETREAT RATE

\$4,500 USD

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About the Host

Hello gorgeous soul. I'll be your guide through this profound journey of coming back home to yourself and to your body – your primary home.

We will journey together through wisdoms and practices that will open up space for healing, growth, bonding, and embodying the divine feminine energy.

I am taking you to one of the most magical places I know on this earth for an experience you will never forget, where I myself go to replenish my energy.

In my own personal healing journey, I've discovered that my deepest healing came from my most difficult struggles: each teaching me how to go deeper within myself for the answers to my soul's burning questions. And the biggest transformation came from learning a whole new embodiment, like a new and exciting skin that reflected who I have chosen to become.

My journey home to myself has taught me how to trust myself, to trust my body, to come back home to myself profoundly, and inspires me to land deeper into my life each day instead of running away from it.

It doesn't matter who you are, where you are from, how old you are... I can teach you this unique embodied feminine wisdom that I've collected over a few decades from around the world.



Find the root cause and heal it at the core.

Somatic healing



Meditation/ Breathwork



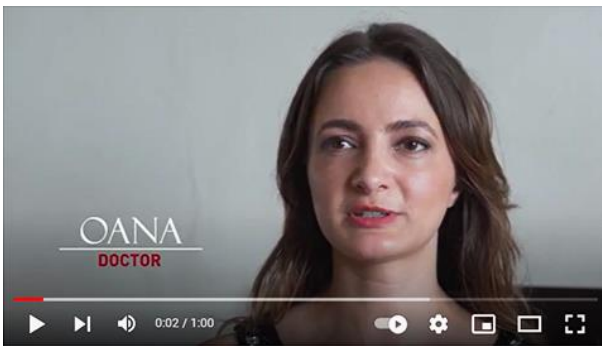
Embodiment



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Testimonials

Watch these video testimonials from past retreats



"You want to be successful personally and professionally. Chen Lizra avoids the pitfalls of business skills and techniques and instead takes you to the heart of the matter: the human factor. Your relationship with yourself and your body, your relationships with others. The body, our primary home, is where we learn to love, trust, and act. Chen brings you home and restores connection. Then she unleashes your confidence, the bridge to relationships. Emboldened and unstoppable, you take off for your highest reach. Her approach is

deceptively simple, like all allegories that touch on archetypal stories. I attended Chen's workshop in New York, Odysseus came to mind, our quest for home and journey."

— ESTHER PEREL – PSYCHOLOGIST, AUTHOR, 2 X TED SPEAKER.



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Sinai & The Camp

Why Sinai? Have you ever been?!

Sinai is a magical place where time stood still, and people connect with you through their soul. Time has a different meaning in Sinai and as such our retreat will not be in Sinai, it will blend into Sinai. We will use the magic of Sinai to learn how to live differently and how to connect deeply.

Why Aladdin Camp? Because Aladdin is family and as such you will be treated like family. Aladdin knows all of Sinai and can host us like no other. This is his new camp which is all about helping you fully relax, deeply connect, and let go.

Each participant will get a private cabin which has an air condition, shower and bathroom in it. It also has a hammock and balcony outside with a sea view. While in Sinai rooms are typically cleaned before you arrive and after you leave, your room will be cleaned daily at 1 pm for extra comfort.

The restaurant is on the ground in a Bedouin style with carpets and pillows, allowing you to feel laid back and let go even more.



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Thank You Note from Chen



"My wish for you in this transformational retreat is to create the kind of space that will allow you to relax, land deeply into yourself, develop compassion, gain clarity, replenish your energy, unplug, overflow with creativity, all while having fun and laughter."

— CHEN LIZRA —

Return home feeling truly aligned and rejuvenated.



CONTACT

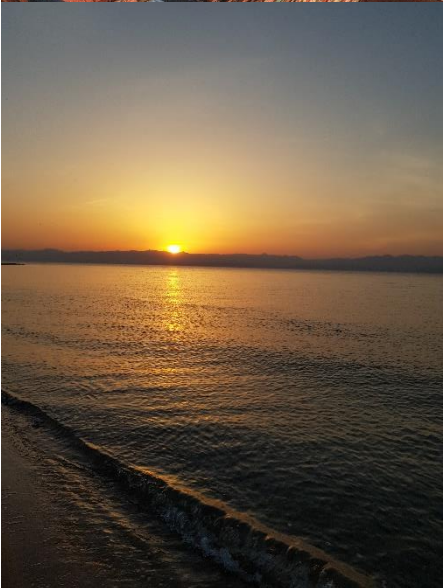
Chen Lizra

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