



Hello Gorgeous Soul,

As we near your Lisbon VIP retreat with me, I'd love to prepare you for the program and match your expectations.

So, the VIP retreat is an opportunity to work with me 1:1 in charming Lisbon through embodiment work and where necessary witnessing. **Embodiment** work of the **5 Elements of Somatic Intelligence** is a profound journey inward shifting how you live life and how you feel about yourself. This process normally brings unmet emotions to the surface which we then witness.

So how should you prepare for the trip?

- Your sessions are already booked. Good job!
  - Please take note that it's booked in your local time zone and not according to Portugal time.

- Book your flight.
- Book a place to Stay:
  - **My address is Rua da Rosa 257, you buzz apt 3D downstairs.** Super central and easy to find.
  - There are lots of AirBnB apartments in the area and also boutique hotels.
  - Be sure to NOT book an apt in the Barrio Alto since it is noisy at night and you might not be able to sleep. It's one of the party areas in Lisbon.
  - **Principe Real** is the closest neighbourhood and is just fabulous.
  - **Avenida de Liberdade** is like 5th Ave, in NYC.
  - **Cais do Sodre** is not too far from here, and is by the water. Just watch out for noise again since it's also a party and club area.
  - Lisbon is intimate and all is within walking distance. **Uber** is super cheap. One side of the city to the other is normally about 5-6 Euros per ride.
- If you wish to have unique experiences while in the city and don't know how to get started, AirBnB has amazing local EXPERIENCES. I tried already two of them and loved them. They have walking tours, sea, helicopter, and land tours, food, culture, music, and so much more. So go into their Experiences section and search for what you like.
- What to wear and bring with you to sessions:
  - Be sure to wear sports-tight clothing so I can see your body movements. Baggy clothing that hides your body doesn't work well.
  - Bring a pair of high heels, we normally do some bodywork in high heels to feel more connected to your embodied femininity.
  - It is highly recommended to bring a journal with you to the session with a pen, in order to jot down insights you might want to remember.
- Eating - be sure to not eat too heavily before the sessions. As we'll be doing bodywork, arriving at the session and feeling very heavy will make it hard to be in your body.
- What time to arrive for each session? About 5 minutes before the session starts. Typically I am busy with other clients before and after the session, so the best is to arrive a few minutes before the start time.
- I am also attaching to this email a 30-day plan. Throughout the VIP 1:1 retreat start to develop your 30-day plan. The intensive work will help you cause the initial shift. When the 1:1 work ends that's when you need to truly work on keeping it. You can integrate the embodied wisdom into your life by repeating and practicing. If not the transformation will fade away over time.
- Mina will book a 60-minute integration session for you with me 30 days after you complete your VIP retreat to see how you are doing, how the integration is going, and answer any questions you might have.

I look forward to guiding you and teaching you this unique embodied wisdom.

Lisbon will add to the magic and will fill your soul with something special!

See you very soon in person.

Warm wishes,  
Chen Lizra