

The *Wisdom of the Sabrosura* Retreat



Embodying your *Divine Feminine*.
Feel *whole* and embodied, as a woman.

www.powerofsomaticintelligence.com

Hello everyone & welcome to



The *Wisdom of the Sabrosura* Retreat:

We are extremely happy you are joining us for this incredible and inspiring journey. We'd like to match expectations before your arrival, so you'll feel comfortable and prepared. It all starts with preparing for a trip off the beaten path. Here is what you need to know:

First thing, what to bring for this special journey:

- A beach towel, bathing suit, flip flops, shoes for getting into the water around a reef, and walking shoes for a day trip.
- A hat, sun glasses, and sun lotion to protect your skin.
- Recommended snorkeling equipment (recommended, not a must).
- Warm clothes for night time when it gets chilly.
- A notebook and pen – it's recommended to journal at certain times during the workshops and to write down insights during the trip. We recommend bringing it with you to all workshops.



Passport, visa and medical insurance

- You must verify your passport is valid for at least 6 months at the time of your trip.
- **Getting your visa – Please pay attention!** You are responsible for getting your own visa. Citizens from most countries need a visa to enter Cabo Verde, but there are some exceptions. Please check with your travel agency, your consulate or embassy, or do your own research on whether you need a visa and how to obtain it. Even if you don't need a visa, non-resident visitors must pre-register and pay an airport security tax.
- Once you arrive, we recommend leaving your passport and money in your room, until your departure, only carrying with you what you need.
- We also recommend having a photocopy of your passport in case your passport gets lost or stolen.
- **Medical insurance** – it is mandatory to arrive with medical insurance from your country of origin. You will want to check your out-of-country benefits and you may wish to purchase separate travel insurance for the trip. **You will not be permitted to join the trip without a medical insurance.**



Arrival and Departure

- Arrival in Sal island (airport SID) is to be any time during the first day of the trip. Your check in starts at 2 pm. Check out on the final day is at 12 pm. The first day is just an arrival day.
- On the final day you can leave at any time. We will have morning practices for those interested and breakfast (not a must).
- **Orientation** – will be on the second day at a big suite which we will use for our workshops. We will meet at the lobby at 7:15am.
- There will be lots of time to enjoy leisure time, the magic of Cabo Verde, and the gorgeous nature around us. Be sure to pay attention to our schedule or you will miss activities. Don't lose yourself in the moment at workshops times.

Return home feeling aligned and rejuvenated.



Food



Breakfasts – are included in your package And will take place in the hotel's restaurant between 8-10 am.

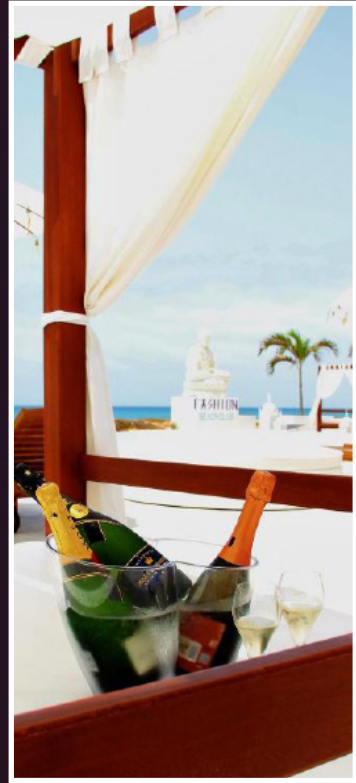


Lunches – are included in your package and will take place between 1-3 pm, in the hotel restaurant. 2 lunches will be part of our day trips.



Dinners – are included in your package and will take place between 7-9 pm outside the hotel in the Santa maria town (10 min walk). **First arrival night - dinner is not included.**

- Your first included meal as part of the retreat is breakfast the day after arrival. Your final meal is your breakfast on the day of departure.
- During workshop time we recommend bringing a big bottle of mineral water since we'll be doing bodywork and drinks are not provided or included, throughout the trip.





- It is highly recommended to bring from your home country healthy snacks in case you need a boost of energy between breakfast and lunch or between lunch and dinner. Make sure these snacks are sealed from the factory, so you won't have a problem bringing them into Cabo Verde.
- You won't be able to drink the tap water anywhere so be sure to purchase mineral water in the hotel upon arrival.
- **The menu at the hotel is a mix of Cape Verdean, Japanese and Spanish food, There will be options to choose from - vegetarian or meat/fish. If you have any food limitations or allergies, please let us know as soon as possible. You can provide this info via this [form](#). You must fill it as soon as possible.**



Transportation to the hotel

How will it work?

- You will need to take a taxi from the airport in Sal island to the hotel where we will be staying - Buddha Beach Hotel. The cost is approx. 20 Euro per taxi. Be sure to fix the price ahead of your trip so there won't be any surprises.
- 🚗 **Group Transportation** – we will be all week at the hotel. For the day trip planned transportation is included in your package. The beach day is walking distance from the hotel.



The hotel room

- We'll have 5 shared rooms. Single rooms require extra pay and all single rooms face the street rather than the beach. Double rooms will have two separate beds.



Changing money

- Don't forget to bring Euros. The Escudo is fixed at a rate of 110 Escudos to 1 Euro. Euros are widely accepted across the island, so it is recommended converting your travel money to Euros before you leave to guarantee good rates once you get there.
- Only Visa and Mastercard are accepted in Cabo Verde. A few major hotels accept Visa. Currency can be obtained in banks from credit cards but charges are very high. There are ATMs in Sal. It is recommended to bring cash and not depend on credit cards.

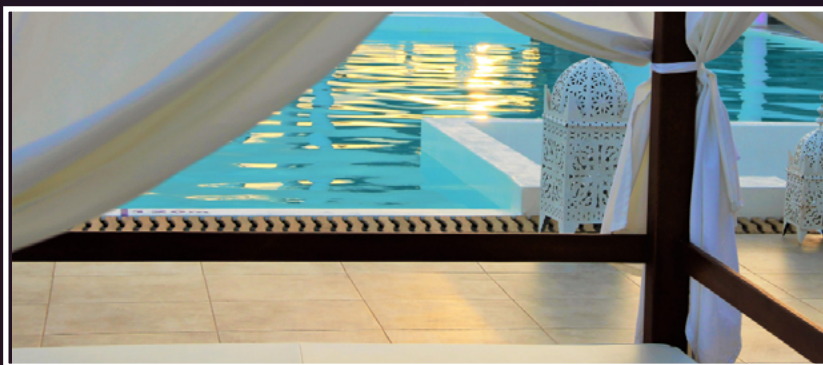


Spending money

- Spending money is a very personal thing that changes from traveler to traveler. What would a great vacation be without those unique souvenirs. Be sure to bring enough money for mineral water as you will not be able to drink the tap water (90 Escudos for 1.5 liter a bottle), a pop drink costs 155 Escudos, a coffee is 145 Escudos, a glass of wine is 300 Escudos, a taxi to the hotel is approx. 20 Euros for the taxi ride per taxi/ not per person, and tips.

Mobile phone and communication

- You will be provided closer to the date with a phone number in case of arrival problems and delays with your flight.
- This means that if there is an arrival problem please be sure to call the local emergency number or send an email to Chen at wisdom@lizrachen.com.



- One of the unique features of this program is being 100% in the moment with your experience. You will have the rare opportunity of living and experiencing life with no internet for 7 days. We recommend leaving your mobile phones from morning till evening during the retreat.
- Be sure to let your family know that you will be off the grid for 7 days.
- Experience life in the moment without the pressures of having to report what you are doing non-stop will open up a world of opportunities for you. Something amazing will happen to you as you'll let go. It will give you time to process what you will be feeling, have moments of silence, and give you more time to bond with the rest of participants. In daily life, we forget many times to do this and how to stop the social media addiction.
- **Plans** – we recommend checking with your provider in your home country to see if there are any plans for Cabo Verde for data, text messages and phone calls. This is in case you need to be in touch with your family, friends and work during your trip. Also please check what roaming charges are like so you won't find an unwanted surprise in your next bill. There is free Wifi at the hotel.

Electricity

- Electricity is typically like in EUROPE, and outlets are 220 volts. Best is to bring a universal thingy (converter lol) and treat it as if you are flying to Europe.



Structure of the trip and changes

- Here is **the itinerary of the program**. Remember that the way things operate in Cabo Verde can lead to unexpected changes (such as a blackout on the island). We will do our best to stay as close to the original plan as possible if such situations will arise.

What to wear during and to classes

- November is nice and warm 23-29 °C (73 to 84°F) yet it can be a bit chilly at night time. Please bring short and long clothing as needed and based on your preference. Be sure to bring warm clothing for the evening, for when it can get a little chilly.
- We will spend the whole week in a pool location, with one day trip, and one beach half day. Be sure to bring your bathing suit and all you need to indulge in the sun.
- Recommended bringing a bit of makeup with you – women tend to feel prettier during the program and it's nice to have the option of expressing it out, if you are being drawn to it.
- We recommend tight sports clothing for somatic workshops, so I can easily see your body language and help you improve quickly. Yet, feminine feeling.
- Be sure to bring sports shoes, hiking shoes, water shoes, and flip flops.
- Clothing in 'no stress' Sal is laid back, and during the evening you can find yourself walking in the sand.

Videos to watch before arrival

- We will assume you've watched these videos before arrival and build on top of this knowledge. **Be sure not to be left out!**
- **Brene Brown – The Anatomy of Trust & Vulnerability.**
- **Chen Lizra - The sabrosura and its importance to our happiness and satisfaction in life.**
- **Amy Cuddy – Your body language may shape who you are & Power Poses.**
- **Dr. Ivan Joseph – The skill of Self- Confidence.**
- **Esther Perel – Love and Desire.**

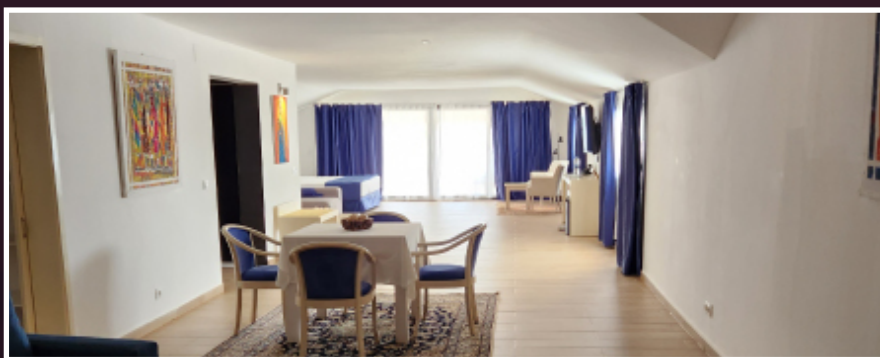
Somatic bodywork

- Somatic comes from the word soma = body. Somatic bodywork is embodiment work that leads to increased self-awareness and as a result helps lead to transformation. When we feel something through the body we understand it faster than through our analytical mind. Somatic bodywork means experiencing through the body and then drawing insights causing long lasting change over time. We will be doing daily embodiment practices of the 5 Elements of Somatic Intelligence in this retreat.



Physical and emotional effort

- The classes require physical and emotional effort. You will be 4 hours a day in physical classes. It's normal for emotional things to surface in classes. In case they do, just allow for your body to adjust and breathe into it. What will get released will open up new space for the things you wish for in your life, allowing you to go deeper and to reclaim your innate feminine divine energy.



Respecting the space

- Since we'll be in an intimate space during workshops throughout the days, and despite being able to move between spaces, it's important to remember and respect everyone's need for peace and quiet time. There are people that want to talk during breaks and to connect, and there are those that need silence and to process. It's important to be sensitive to one another and I ask that you do the same with me. If you came to ask me anything and I asked you for a moment, don't worry, you will not leave without the answers you desire. That needed moment will allow me more space to give and deliver high value. Let's learn how to listen to one another through being and respecting the needs of the individual personalities.



That's it, I'll be waiting for you with arms wide open in Cabo Verde and can't wait to share with you this one-of-a-kind retreat and embodied wisdom that will allow you to tap into your divine feminine energy.

If you have any questions or concerns, please let us know.

If you haven't yet, please join our closed group for the trip in the [Somatic Inner Circle community](#).

With lots of love,

Chen Lizra & Team