

REALIGN & THRIVE

Elevate to Your Higher Octave of Life

Women's Fall Retreat
October 26 -30, 2023
Shakopee, MN

WITH TRANSFORMATIONAL COACHES AND RETREAT
GUIDES, NINA SALVESON & MICHELE RAE

**Realign and Thrive promises a blissful
journey in which you will:**

- Harmonize Your Soul's Symphony: Experience Inner Realignment and Joyful Living
- Embrace the Gentle Flow of Feminine Transformation: Unveiling Nature Connections, Ritual and Transformative Practices
- Flow in the Rhythm of Your Essence: Awaken, Embody, and Express Your Higher Octave

Claim your Spot for ReAlign, Thrive & Elevate to Your Higher Octave of Life! Copy and paste the URL in your browser:
<https://beinghumanlife.com/event/realign-and-thrive-fall-womens-retreat/>

Expand and Elevate Your Life Experience

Realign in the Grace of Sacred Space

Step into a sanctuary of intentional practices, soulful workshops, nature connections, and contemplative moments meticulously designed to guide you towards a higher octave of living.

Each day unfolds with a gentle rhythm, allowing you to immerse yourself in transformative rituals, embark on deep reflections, and experience powerful energetic shifts that will realign you with your true essence and ignite your inner power.

Thrive in Coherence with Your Truest Essence

Unleash the vibrant essence within as you embark on a journey of inner realignment, releasing limitations and embracing your true essence and higher potential!



REALIGN, THRIVE & ELEVATE YOUR HIGHER OCTAVE AWAITS!

We Are Thrilled to Be Your Retreat Guides

We are delighted to serve as your retreat guides for our 4th annual Women's Immersive Retreat.

We love nurturing your journey towards elevating your heart, mind, and embodied consciousness, all harmonized with your higher octave. Within this transformative space, you will realign with the resonance of your inner wisdom, reclaim your divine nature, and elevate your life to new thriving realms that make your heart sing.

Through varied states of consciousness practices, movement, reflection, and deep connections, let's co-create a thriving space attuned to your sacred cadence.

Together, we will create a safe, harmonious environment for this soul-inspiring journey, where you can thrive and embrace the fullness of your unique potential, and attune to your higher octave.

Dedicated to your Higher Octave,

Nina & Michele



**QUESTIONS?
CALL OR TEXT US**

📞 612.310.8876 (Michele)

📞 612.910.8030 (Nina)



Higher Octave Retreat Delights

Nature Art

Immerse yourself in the transformative power of nature art, finding inspiration in the beauty of the natural world. Create a Natural Mandala and Crystal Grid, allowing your inner artist to discover profound joy and meditative stillness through the harmonious union of nature and self-expression.

Personal Witnessing and Reflection Time

Carve out sacred moments for self-discovery and emotional healing. Engage in journaling, silent walks, and contemplative practices to cultivate self-awareness and connect with your inner wisdom.

Natural Movement

Explore the transformative power of embodied movement, guided by the harmonics of nature. Experience gentle yoga, mindful walking, and fluid dance to connect with the rhythms of your body and the world, fostering inner alignment and empowerment.

Guided Transformative Processes

Experience transformative practices and methods facilitated by Nina and Michele. Through guided meditations, sound, energy work, breathwork, poetry, ritual movement, stories, music, and higher octave meditations, you will embark on a journey of deep healing, self-discovery, and empowerment.

Nourishing Fresh Seasonal Food

Indulge in a culinary experience that prioritizes conscious eating. Create your own customized breakfast using wholesome ingredients and bountiful seasonal produce. Our abundantly nourishing, organic, non-gmo'd meals and snacks are infused with care and intention, supporting all palettes and preferences for your body, mind, and soul.

Serene, Restful Sleep

Prioritizing your comfort and well-being, our accommodations provide a serene sanctuary for rest and rejuvenation. With thoughtfully designed private and shared bedrooms, our intention is to create a space where you can unwind, recharge, and wake up refreshed, ready to embrace each new day of your transformative journey.

Retreat Special : Private 1:1 Sessions

Personalized guidance and support tailored to your unique needs and intentions are available through 45-minute private 1:1 Intuitive Higher Octave Metaphysical Coaching Session. Slots are available at registration, with additional booking opportunities to take place in the first 2 weeks following the retreat.
(Additional reduced fee of \$99 applies.)

Registration Information

Investment of \$1,522 includes spacious **all inclusive** accommodations for 4 nights, 4 days, all meals, beverages and delectable snacks, beautiful Higher Octave Gift, deep process, masterful facilitation, new practices and resources, and much more. Special Bonus includes a supportive Live integration check-in in November along with a special surprise invitation that will be shared at the Retreat! No detail is forgotten.

Expect to be amazed, delighted, loved and cared for!

Personal Private Intuitive Metaphysical Sessions are available just \$99 for a 45 minute session.

Itinerary is shared on Detailed Registration Page.

REGISTER TODAY!

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Nina Roberts Salveson & Michele Rae are Master Certified Transformational and Metaphysical Coaches & Facilitative Leaders, and Founding Creators of Being Human Higher Octave Retreats, Events and Circles