



IVANA · S

Conquer Work-Life Balance in 2017
20th – 23rd October 2016 in Mallorca, Spain


Business Retreat • Life-Balance Workshops • Personalised Coaching • Energetically Rejuvenational Retreat

“I believe we are all extraordinary and that we each have the power to create the life we desire. Everything I do and share comes from my personal experience and continuously evolving life journey.

I am passionate to share the learnings and spiritual principles that have been key to the on-going transformation of my life. My business growth and success are a reflection of my personal growth.”

Ivana S



A photograph of a luxurious outdoor pool area. In the foreground, a curved, stone-edged pool reflects the sky. The pool deck is paved with light-colored tiles and features several lounge chairs with white cushions and blue towels. Large white umbrellas provide shade. The background is filled with lush tropical vegetation, including tall palm trees and a cypress tree on the left. Two people are visible on the right side of the pool, one holding a blue towel. The overall atmosphere is serene and high-end.

Join Ivana Sretenovic on this journey of connecting to your heart, unleashing your desires, re-envisioning your uncompromised life, and creating the mind-set for success!

During this personal retreat, we will connect to our inner wisdom, listen to our heart's desire and then eliminate the limiting beliefs that are preventing us from manifesting what we want. We will also re-programme our mind-set to manifest the success we desire, by raising our consciousness and awareness using spiritual principles.

This transformative experience will be facilitated through group interactions as well as one-to-one coaching with Ivana Sretenovic and Kristin Bredimus. Together we will explore and incorporate spiritual principles into the professional and personal day-to-day life.

This experiential retreat will be located in a luxurious sanctuary with scents of the earth, sea and sun. Your body will be nurtured with locally sourced, organic vegetarian and vegan food to support your well-being. It is a perfect, restorative environment to support your transformational journey.



Benefits

- ✔ **Gain**
Gain clarity on what your life balance, ambitious aspirations & goals are for 2017
- ✔ **Understand**
Understand what conflicting, limiting beliefs and thought patterns you hold against your vision
- ✔ **Transform**
Transform all interferences that are holding you back from conquering your life balance
- ✔ **Understand**
Understand spiritual and mindfulness practices and how you can use them daily at work and home to make your life more fulfilling
- ✔ **Rewrite**
Rewrite a bullet proof mind-set for long-term success and life balance

Who is this for?

For busy executives and small business owners who long to live an extraordinary life and who are curious to explore and leverage spiritual principles to achieve success.





Location

Cal Reiet, Holistic Well-being Retreat in Santanyi, Mallorca.

Cal Reiet is a unique and elegant country hideaway, a sanctuary away from everyday life set in beautiful Mediterranean gardens with the 20 metre swimming pool. It offers luxurious accommodation in twin or doubles rooms. All rooms are equipped with: free WiFi internet, aromatherapy bathroom amenities, bathrobes, hairdryer, safety box, air-conditioning, etc. This authentic and chic boutique hotel has the basic gym for a complete workout and a spa with a private beauty treatment room and an open air massage area. For more informational about the place please visit their website:

www.calreiet.com



Schedule

Thursday, 20th Oct

Welcome drinks and light dinner (from 17h)

Friday, 21st Oct

Morning:

- *Yoga*
- *Meditation*
- *Group workshop:*
Conquering Work-Life Balance Vision 2017

Afternoon:

Individual and personalised

**1:1 transformational & spiritual coaching
and energy healing with Ivana & Kristin**

Evening:

Boat cruise & offsite dinner

(if weather permits)

Saturday, 22nd Oct

Morning:

- *Yoga*
- *Meditation*
- *Group workshop:*

Deep dive into **understanding limiting and conflicting beliefs, releasing and replacing them with bullet proof beliefs for success**

Afternoon:

Individual and personalised

**1:1 transformational & spiritual coaching
and energy healing with Ivana & Kristin**

Evening:

On-site dinner

Sunday, 23rd Oct

Morning:

- *Yoga*
- *Meditation*
- *Interactive workshop:*
with nutritionist

- *Group workshop:*
Transforming mind-set and embodying energetic transformation to success
(closure by 12.30 p.m.)

Optional:

Lunch & an afternoon activity: for example, walking, cycling, balloon flight, sailing lessons, water skiing, (please RSVP if interested)

Fees

The total investment is **£2,745*** per person.

Early bird offer is £2,300* per person for bookings before 2nd September.

**(no VAT required)*

The fee is inclusive of accommodation, private airport transfer, all meals, nutritionist workshop and one group activity.

Considering the intimate and personalised nature of this retreat, the places are limited to 9 spaces. A deposit of £500 is required upon registering. Balance to be paid in full by October 1st.

Spouses and children are welcome and can be accommodated upon a request.

The spaces are filled on a first come and first serve basis, followed by a short interview to ensure the right fit.

In case of cancellation, no refunds will be given post 1st October.

If you would like more information or to make a booking enquiry:

E: ivana@ivana-s.com

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About



Ivana Sretenovic

is passionate about helping and empowering ambitious executives to find their inner balance, unleash their fullest potential, explore choices that empower, challenge, and inspire them to reach their highest level of performance launching and growing conscious businesses they desire.

After spending almost thirteen years as an MBA Executive in global blue chip organisations— specialising in strategic transformation, sales and marketing, and launching new businesses in new global locations— Ivana left to start her own business in 2013. She is a Transformational Business Coach and Consultant for highly ambitious, motivated executives who learn to thrive both spiritually and financially by launching and growing businesses that they love.


www.ivana-s.com



Kristin Bredimus

is a Spiritual Consultant, trained at the School of Intuition and Healing and the College of Psychic Studies in London. She is an intuitive healer, specialising in energy wellness and the removal of programs, thought forms and limiting beliefs. Kristin's style is down-to-earth and heart-felt, empowering her global clients and US and UK based students towards self-healing and an expanded consciousness.

www.kristinbredimus.com

A woman with blonde hair, wearing a white lace halter top and white pants, is sitting in a meditative pose on a beach. Her eyes are closed, and her hands are resting on her knees in a mudra. The background shows the ocean and a bright sky.

*“Your beliefs design
what you manifest
in your life.”*

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