



IVANA · S

**Living an Authentic Life Awe'asis**  
*21st – 24th September 2017 in Mallorca, Spain*

TRAVEL • CONNECT • TRANSFORM • INSPIRE

*“I believe connection to and awareness of our true essence and uniqueness leads to being authentic and authentic living that gives us a deep peace, sense of purpose, feeling of oneness, love, bliss and fulfillment. From this inner space, we feel liberation and integration. We feel fueled to create the life and experiences we desire knowing that possibilities are infinite.”*

*Ivana S*





## *About Awe'asis*

AWE'ASIS is Ivana's signature experiential east-meets-west retreat, designed to take you on a personal life-changing journey to help you enhance your awareness, connect to your mind-body-heart-spirit-soul. You will experience being in the flow and walk the first steps to new levels of joy, self-care, emotional freedom, well-being and conscious living.

The approach is collaborative, holistic and tailored to each individual working on all levels: mind, body, emotions, and spirit through bodywork, meditation, rapid transformational therapy, hypnosis, past life regression, energy and water healing. Each year the Awe'asis programme evolves. This programme is roughly equivalent to three months of weekly sessions.





## *Living an Authentic Life Awe'asis*

Throughout our lifetime and on a daily-basis, each one of us is bombarded with a clutter of messages telling us how to lead our life, what will make us happy, what it takes to be successful, what we should act and be like. Most of us live our whole life trying to abide by these set roles and never stop to look deeper into our true self and calling.

Join us for this year's AWE'ASIS to discover a new level of authentic living. This transformative programme will guide you to understand better yourself, let go of any identities shaped by a society and/or environment, gain emotional freedom and clarity what your unique gifts are.

Awe'asis will be held in a luxurious sanctuary with scents of the earth, sea and sun stimulating all your senses. Your body will be nurtured with locally sourced, organic food to support your well-being. It is a perfect, restorative environment to support your transformational journey.

Considering its bespoke nature, Ivana will have a conversation with each participant to get a better understanding what each person is looking to explore and achieve and to ensure your personal needs are met.





## *Awe'asis Journey Highlights*

- **Daily Group workshops:**
  - Gain better understanding who you are and unleash your true self
  - Understand and break free from any conflicting and limiting beliefs
  - Let go of any addictive behaviours and gain emotional freedom
  - Gain clarity on what authentic living means for you
- 60 - minutes daily afternoon individual and personalised 1:1 **transformational & hypnotic coaching** and **rapid transformational therapy** with Ivana
- 60 - minutes afternoon individual and personalised 1:1 **energy healing** with Kristin
- 60 - minute evaluation and specific plan of **intervention by physiotherapy**
- Daily outdoor **yoga** adaptable to any level
- Daily guided **meditation** and deep relaxation throughout the retreat
- Daily **thermal spa** use
- 60 - minute **massage** on day of arrival
- Full-board delicious locally sourced **organic meals** and snacks
- Opening and closing **secret ceremony**



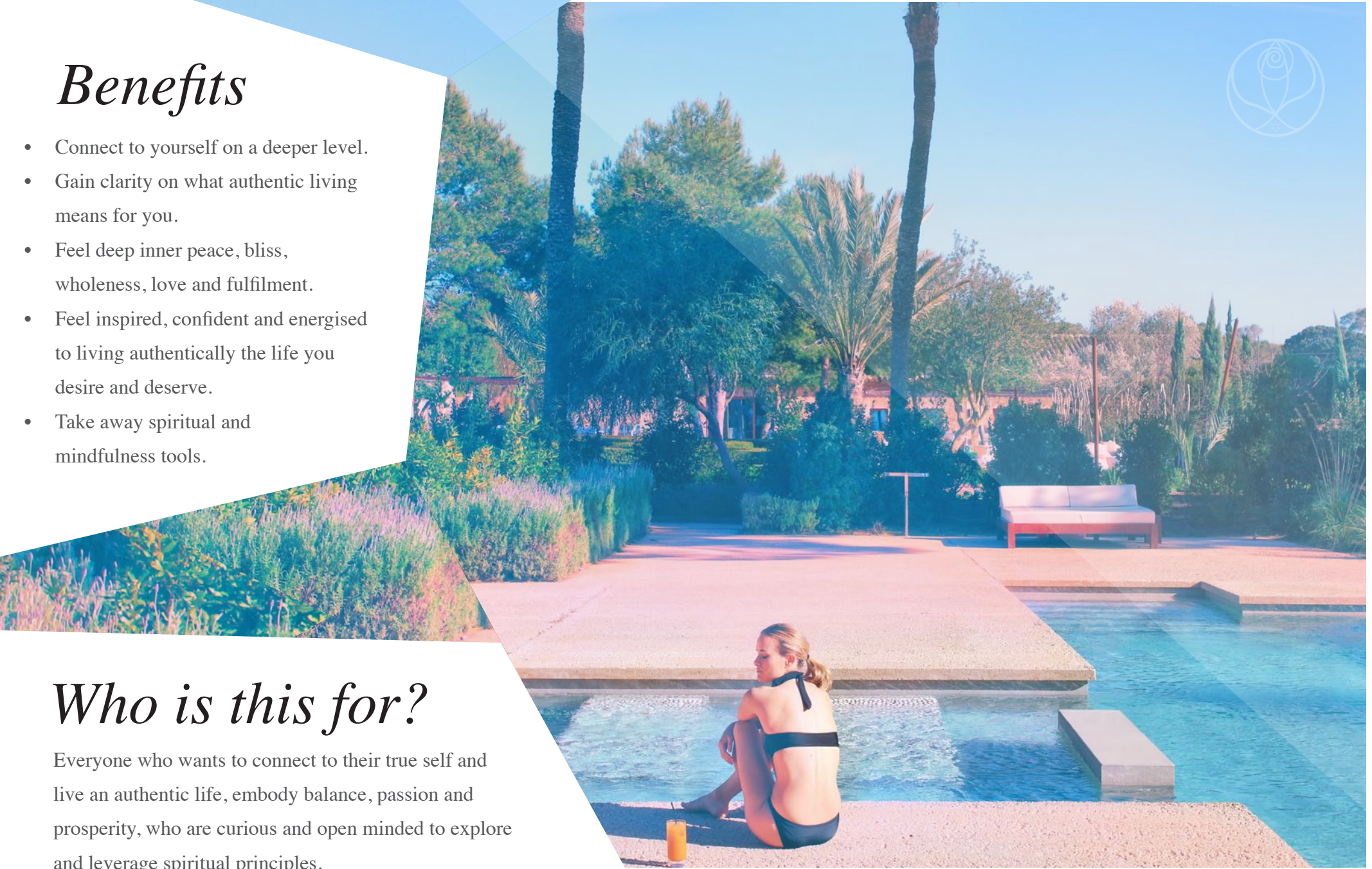


# *Benefits*

- Connect to yourself on a deeper level.
- Gain clarity on what authentic living means for you.
- Feel deep inner peace, bliss, wholeness, love and fulfilment.
- Feel inspired, confident and energised to living authentically the life you desire and deserve.
- Take away spiritual and mindfulness tools.

# *Who is this for?*

Everyone who wants to connect to their true self and live an authentic life, embody balance, passion and prosperity, who are curious and open minded to explore and leverage spiritual principles.







## *Location*

Font Santa, luxury 5\* Thermal Spa & Wellness boutique hotel located in Campos, Mallorca. This unique and elegant country hideaway, creates an ideal environment for relaxation, tranquility and wellness with the thermal spa which offers natural thermal waters rich in minerals stimulating series of positive effects on the body (skin improvement, blood and lymphatic circulation improvement, etc.).

Offered luxurious accommodation includes both twin and doubles rooms with a patio or a terrace with stunning views of the natural land of Es Trenc Salobrar of Campos. All rooms are equipped with: free WiFi, aromatherapy bathroom amenities, bathrobes, hairdryer, safety box, air-conditioning, etc.

[www.fontsantahotel.com](http://www.fontsantahotel.com)

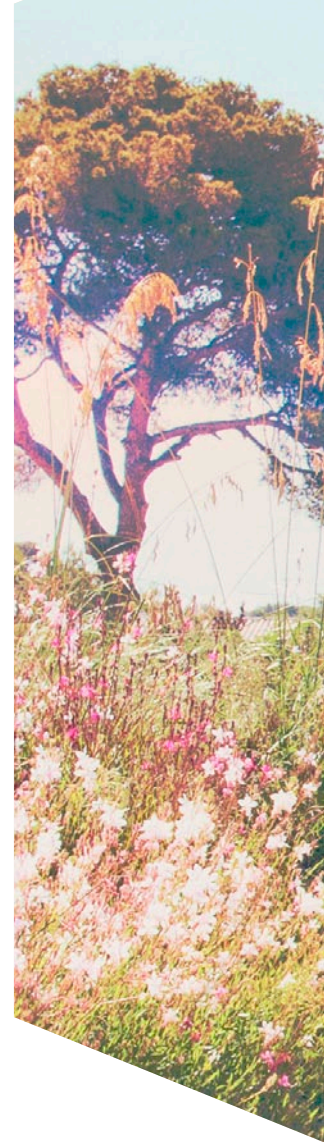
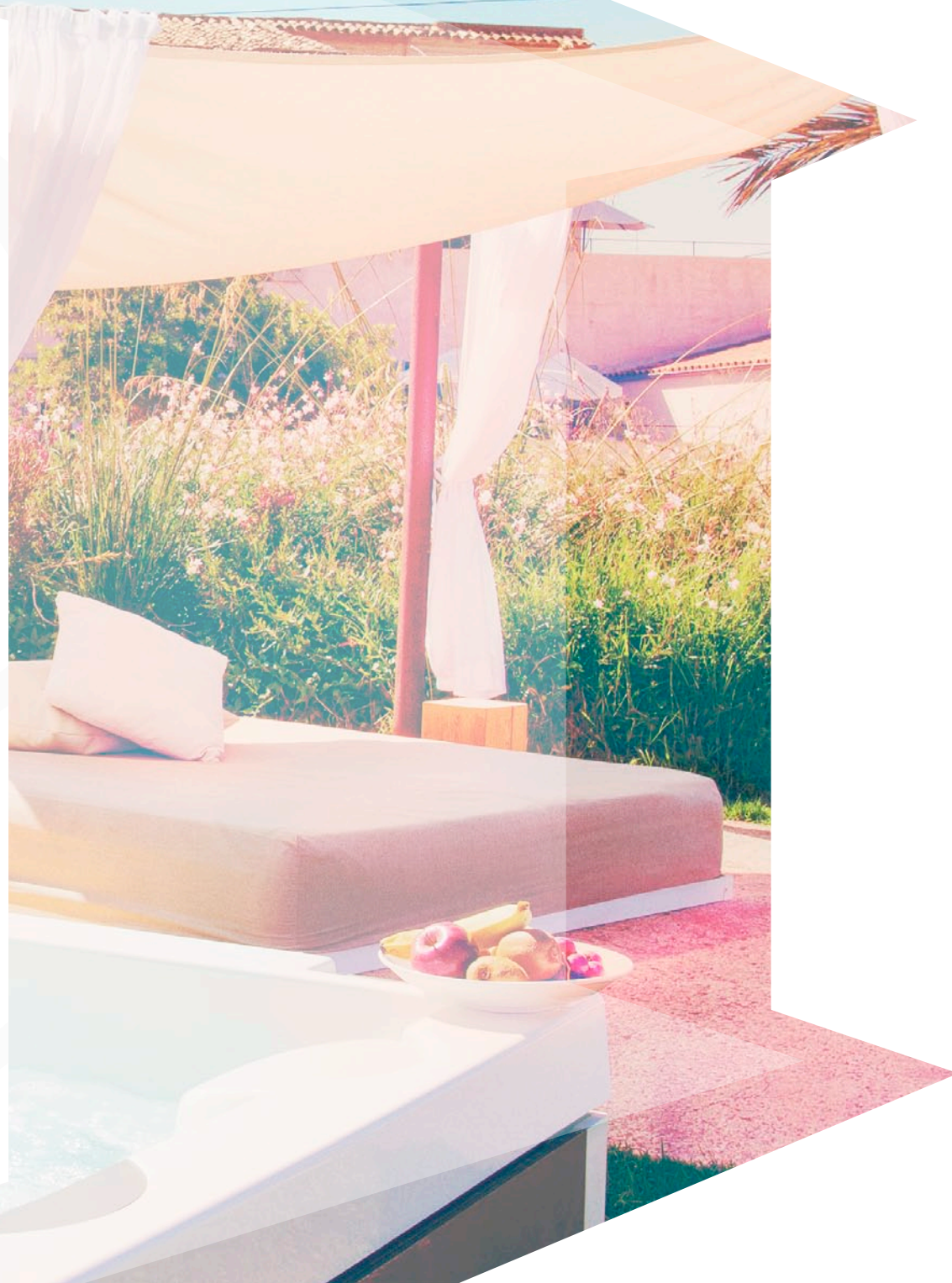


## *What others say about Awe'asis*

“The environment combined with Ivana’s guidance created a safe place for me to complete the work I needed to in order to create the life I want to be living.” - BB

“Throughout the retreat, Ivana’s professional approach to assessing our goals and providing tailored solutions to support us has been amazing. Ivana helped me gain clarity on my limiting beliefs in achieving my goals.” – LR

“Time spent with Ivana has been truly inspirational and her step-by-step holistic approach to manifesting my vision has been transformational.” – NS







## *Fees*

Considering the intimate and personalised nature of this retreat, **the places are limited to 6 participants.**

There are two all inclusive options to be considered:



Single room occupancy & private transfer option:  
Total investment is £2,700 per person (equivalent to \$3,480)  
Early bird offer: £2,400 per person (equivalent to \$3,090)



Shared room & private transfer option:  
Total investment is £2,200 per person (equivalent to \$2,830)  
Early bird offer: £1,900 per person (equivalent to \$2,450)

- Early bird offer is valid until 20th August.
- A deposit of 50% is required upon registering.
- Balance to be paid in full by 8th September.
- Payment plans can be offered for those interested.
- Prices do not require VAT.
- The spaces are filled on a first come and first serve basis, followed by an enrolment conversation with Ivana.
- In case of cancellation, no refunds will be given post 20th August.

The Awe'asis package does not include: flights to and from Mallorca, travel insurance, alcoholic beverages (available on request), additional smoothies and juices.

If you would like more information or to make a booking enquiry please send an e-mail to: **[ivana@ivana-s.com](mailto:ivana@ivana-s.com)** or telephone **+44(0)7747052593**.



## *Your Hosts*

**Ivana Sretenovic** is a certified Transformational Business Consultant & Coach, Spiritual Counsellor, Rapid Transformational Therapist, Hypnotherapist, Psychologist. After spending almost thirteen years as an MBA Executive in global blue chip organisations, Ivana left to start up holistic consulting services 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. Her unique ability is to fuse business excellence and spirituality aiming to find a balancing solution between organisational growth aspirations and personal employee fulfilment. Ivana firmly believes employees' mind-set and beliefs are the subconscious blueprint that determine individual's, teams' and organisational success.



*[ivana-s.com](http://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.



*[kristinbredimus.com](http://kristinbredimus.com)*





*“Our reality does not change unless we shift  
and transform internally.”*

*Ivana S*



[www.ivana-s.com](http://www.ivana-s.com)

