

EMOTIONAL RELEASE

5 days **breathing retreat**
6th to 10th of November 2023

by **Samuel Coulon**
Breath Master & Flow Creator



TIME TO REBORN

Follow the Phoenix

By following in the footsteps of the old Phoenix, it is time to unleash this old personality, these self-sabotage prospects and baggage that prevent you from unleashing your true potential.



5 days in a magical place

During this five-day retreat **in the heart of the Mexican jungle**, you will find the space and advice you need to do so.

You will be guided to go inside and explore your fears, anger and experiences that prevent you from living the life of your dreams.



WHY CREATING THIS RETREAT

Learn to manage emotions

This retreat will include **daily breathing sessions, night group circles and various workshops, as well as traditional ceremonies** to free up what no longer serves you and appeal to your highest and best self.

If you are looking to reduce stress, manage your emotions and take control of your life, take this inner and outer journey to Mexico and rise from the ashes to become a new you.

Through a 5-step program, in a heavenly setting, you can gradually **free yourself from your excess emotions**, immerse yourself in **deep gratitude**, **clarify your vision** and consolidate this commitment. For this, there will be various workshops, using a learned **blend of coaching, mentoring and breathing**.

Thanks to the powerful emotions generated, you will create an anchor that can accompany you long after the end of this stage, which will allow you to keep the course of this new life.



SAMUEL COULON

**Breath Master
Flow Creator**

@samuel_coulon_inspire
www.samuelcoulon.com



Samuel is a Breath Master for the past 10 years, but above all, his goal is to create **brehtaking experiences**.

He practices and guides motivated individuals in evolving into the **flow state**, **the ultimate state of performance**, and rediscovering their physical, mental, and emotional energy through breathwork therapy and personalized guidance.



DURING THIS RETREAT
YOUR GUIDES

JENNY TECKLEBURG

Yoga Instructor
Mobility Coach



@jteck9

www.hamamawellness.com

With vibrant energy and a passion for creating **inspiring experiences**, Jenny has over 14 years of experience in the health and fitness industry as a Professional Elite Trainer, Mobility Coach, and Yoga Instructor.

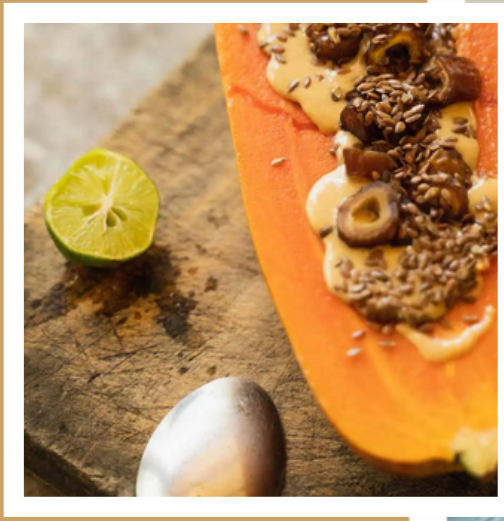
Jenny believes in **the power of breathwork, meditation, and cultivating an inner connection**, which has taught her the value of slowing down and living in the present moment. She brings joy, adventure, and a focus on listening to our inner voice to every retreat.



A MAGICAL PLACE
COMMON AREAS



A M A G I C A L P L A C E
FOOD & ACCOMODATION



A C O M P L E T E
PROGRAM

DAY 1

Check-in Lodge
Welcome meeting and introduction
Free time
Opening circle and breathing
Dinner
Fire Circle



DAY 2

Body awakening with yoga and breathwork
Breakfast
Workshop 1: Identification
Free time
Lunch
Rest time
Workshop 2: Forgiveness
Ho'oponopono breathing
Free time
Dinner
Water circle



A C O M P L E T E
PROGRAM

DAY 3

Body awakening with yoga and breathwork

Breakfast

Workshop 3: Gratitude

Free time

Lunch

Rest time

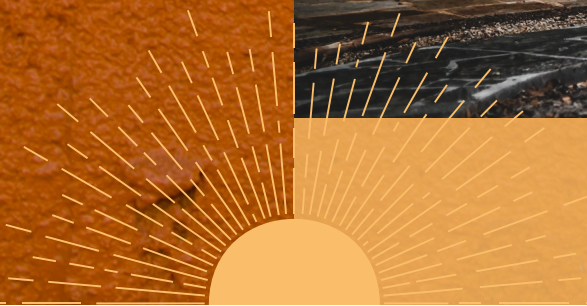
Workshop 4: The Death of the Ego

Free time

Temazcal ceremony and immersion in cenotes

Dinner

Air circle



A COMPLETE
PROGRAM

DAY 4

Body awakening with yoga and breathwork

Breakfast

Workshop 5: Rebirth

Free time

Lunch

Rest time

Cocoa ceremony and breathing

Free time

Dinner

Earth circle



DAY 5

Body awakening with yoga and breathwork

Breakfast

Breathing and closing circle

Free time

Lunch

Departure

This program is not set in stone, Samuel and Jenny reserve the right to modify it as needed.



HOW TO PARTICIPATE

You want to take part in the adventure ?

From 6th to 10th of November

In a wonderful place
next to Puerto Morelos

To ensure the smooth running of the event, we limit the retreat to **18** participants.

1 790 \$USD

single room

2 990 \$USD

double room
for 2 persons with king bed

The price include : accomodation, vegan food (3 dishes a day), all activities listed on the program.

An airport transfer is available with an additional fee.

To book you can contact Samuel

+33 6 13 75 06 82

contact@samuelcoulon.com

We ask 30% deposit to confirm your booking.

In case of cancellation :

- More than 2 months before the event : 50% of the deposit refundable.
- Less than 2 months : deposit is not refundable.





Instagram : [@samuel_coulon_inspire](#)
www.samuelcoulon.com