



## SAINT BARTHS WELLNESS RETREAT AND WORKSHOPS

### WOMEN'S WORKSHOPS

DECEMBER 2021

18 + years

#### WOMEN'S ONE ON ONE

##### **After Party Detox Session (3 hours)**

Partied a bit too hard and feel dissociated with yourself? Do you feel like your mind, body and soul need to reset? Or have you engaged in behaviors with friends, partners, or strangers that you regretted and feel lost?

We are 3 caring, loving and nourishing practitioners who are here to bring you back home to your body, soul and spirit.

We can help by integrating:

- Plant Based Cuisine, Elixirs, Tonics and Customized Meal Planning by Kristine Kelly
- Traditional Chinese Medicine Therapies by Jasmine Lister
- One on One Soul Empowering Session with Sex, Love and Relationship Mentor Juliet Lippman

**What's Included:**

- Plant Based Nutritional Cuisine, Tonic and Elixir Consultation (1 hr) with Kristine Kelly of Plant Based Daily
- Traditional Chinese Medicine (TCM) Consultation and Therapy (1hr) with Jasmine Lister (US Licensed Acupuncturist) of Bliss Bar
- Regain Your Power Mentorship with Juliet Lippman, Feminine Leadership and Sensuality Mentor (1 hr)

**What to Expect:**

Plant based consultation will go over easy to find ingredients that will help you power over that bad hangover.

TCM Consultation and therapy will go over key herbal care, acupressure points and provide auricular therapy (NADA Detox).

Mentally re-align yourself and create stronger boundaries with yourself and others.

**Add On's**

+Customized herbal blends for tonics available upon request and additional charge.

+Detox Fire Cupping is an additional charge.

+Heart Opening Meditation and Divine Feminine Essence/Highest Self Hypnosis is an additional charge.

**COST**

1300 Euros

**Integrative Lunar Package (3 hours)**

Are you a woman suffering from painful menses and endless symptoms of PMS?

Are you transitioning from menses to menopause and feeling lost?

Do you feel less attractive because of physical and emotional challenges as you transition to a more divine state of being?

We can help by weaving together:

- Plant Based Cuisine, Broths, Elixirs and Tonics by Kristine Kelly of Plant Based Daily
- Traditional Chinese Medicine Therapies by Jasmine Lister of Bliss Bar
- One on One Female Empowerment Mentorship by Juliet Lippman, Female Leadership Mentor

### **What's Included**

- Plant Based Nutritional Cuisine, Tonic and Elixir Consultation (1 hr) with Kristine Kelly of Plant Based Daily
- Traditional Chinese Medicine (TCM) Consultation and Therapy (1hr) with Jasmine Lister (US Licensed Acupuncturist) of Bliss Bar
- Regain Your Power Mentorship with Juliet Lippman, Feminine Leadership and Sensuality Mentor (1 hr)

### **Add On's**

- +Traditional Chinese Medicine Based Herbal Supplements are an additional charge
- +Heart Opening Meditation
- +Divine Feminine Essence/Highest Self Hypnosis
- +Cooking Demonstration + Mindfulness Eating Exploration
- +Customized Meal Plan to Rebalance Hormones

### **COST**

1300 Euros

### **The Divine Feminine Immersion (3 hours)**

How would you like to grow in your sensuality, self trust, and confidence so that you can lead with a powerfully soft and open heart?

We will explore the 5 archetypes of the feminine, with Female Leadership and Sensuality Mentor, Juliet Lippman and complement it with:

Integrative Plant Based Meals, Elixirs and Tonics to make you feel energized and uplifted by Kristine Kelly of Plant Based Daily.

Traditional Chinese Medicine Herbal Consultation, Auricular Therapy and Sonopuncture by Jasmine Lister of Bliss Bar.

### **What to Expect**

Join us on a 3 hour activation into your most expansive self, and leave the session feeling like a full-spectrum, empowered woman ready to share her magic with the world.

In this session we will explore the 5 archetypes that live within every woman:

The Maiden  
The Erotic mother  
The Priestess  
The Wild Woman  
The Sacred Slut

We cannot wait to expand and embody all of you in this sacred container.

### **Add Ons**

+Heart Opening Meditation  
+Divine Feminine Essence/Highest Self Hypnosis

+Customized herbal blends for tonics available upon request and additional charge.

+Detox Fire Cupping is an additional charge

### **COST**

1300 Euros

