



# **AWAKEN THE GODDESS WITHIN**

Seminar Retreat with Andro  
Donovan at La Cerqua, Marche  
Italy 5th-8th October 2023



## Could you experience more fulfilment and flow in your life?

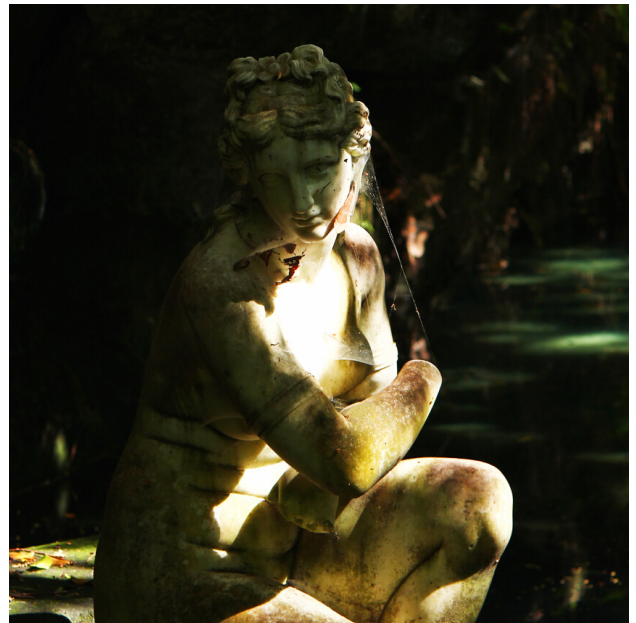
This fun and interactive retreat will provide a unique opportunity for any woman wishing to discover more about herself and the power she has to control and transform her life.

Could you experience more fulfillment and flow in your life?

Do you feel there is something missing from your life?

During this retreat, you will have an opportunity to explore Carl Jung's six goddess archetypes that are most relevant to modern women in contemporary society.

Which archetypal goddess are you currently manifesting in your life?



Could you awaken and express more of your hidden depths through Aphrodite, Hera, Athena, Persephone, Artemis, or Demeter?

This is a unique opportunity for any woman wishing to discover more about herself and the power she has to control and transform her life.



**Find your goddess archetype. Take the quiz**

[Click here](#)



# The seminar experience

**Meet other like-minded women who will co-create a supportive space of learning and self-discovery.**

**Early morning stretching, breath work, and meditation to become conscious of your inner world and what's driving you.**

**Exploration of the goddess archetypes as they relate to you in your world today.**

**Raise your awareness on the transitions you are making and become conscious of which goddess energy you most need to channel.**

**Get in touch with your true essence and focus on the values that most serve you in the next phase of your life.**

**Activate your willingness to leave your comfort zone and embrace what you truly desire.**

**Connect to what gives you meaning and purpose and be guided by your inner calling.**

**Creating a vision statement for your future focus stepping into a new resourceful paradigm.**

**Raising your consciousness on what may be blocking you in relationship to manifesting the life you want.**

**Envision the future you want to create whilst being satisfied in the now.**

# What others are saying about the Goddess Retreat

““ —

I was blown away by learning about the goddess energies and how to bring forth the energy I was missing, a great experience!

““ —

I like the authenticity and effectiveness of how Andro delivers! It allowed me to step into my vulnerability and be honest with myself

““ —

It was a fantastic experience that far exceeded expectations, I would highly recommend it to any woman facing difficult challenges

““ —

Love the goddess energies, this really gives me an amazing tool to assess my needs in transition. So grateful for that!



# The breathwork and meditation experience

These sessions are designed to quieten the mind and help you connect with the goddess you most want to breathe life into.

Ignite a healing process through contemplation, breath, and movement.

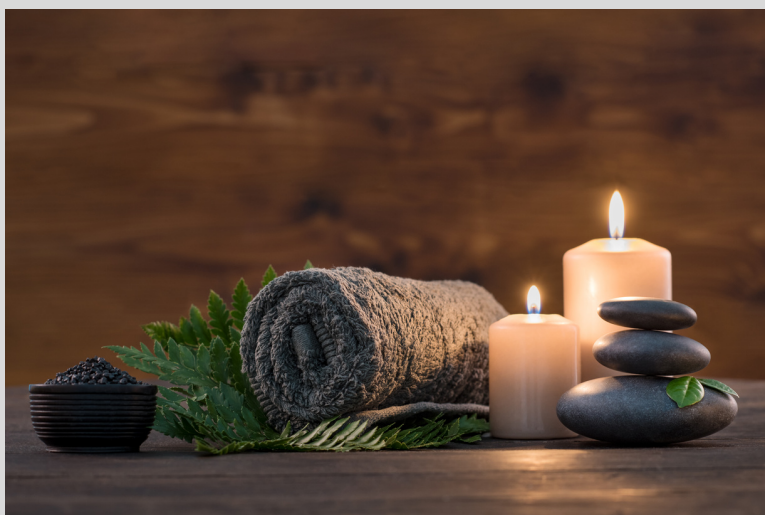
Connect to the power of the breath and how it can help to find your essence and transform your internal state.

Breath and posture are inseparable and by combining the two you will find a new depth of inner connection and reawaken the best version of you.

Connect to your inner self and ignite infinite possibilities.

Practical meditation techniques you can do at home.

Tap into the power of your personal Ayurvedic dosha e.g. Vata, Pitta, Kapha so that you can better serve yourself.







# LA CERQUA 5-8TH OCTOBER 2023

La Cerqua is a Luxury villa in the beautiful Marche region of Italy.

Beautiful en-suite double bedrooms, swimming pool and stunning views over the Marche countryside.





# Your investment includes:

Seminar experience £1200 includes:

- One to One Consultation with Andro to define your ideal outcomes and what's blocking you
- Your Goddess questionnaire analysed
- 3 days of facilitation
- Specialist breathwork and yoga sessions
- Workbooks and seminar material
- Post retreat group virtual follow-up to embed learnings and maximise progress

Accommodation at La Cerqua £750 per head

- Luxury double room with en-suite (single occupancy)
- All meals are designed and tailored to your dietary preferences (vegan/vegetarian options available on request)

Accommodation at La Cerqua Shared room £500 per head

## Fontecchiarra Agriturismo

Agriturismo accommodation private ensuite £500 per head  
Fontecchiara is a charming agriturismo just a few minutes away from La Cerqua





# This retreat will give you an opportunity to:

Step back and discover how to express more of your best self.

Achieve more balance in spite of juggling many roles.

Rediscover increased levels of sensuality and intimacy in your key relationships.

Manifest more of what you want in your life.

Find out how Aphrodite, Hera, Athena, Persephone, Artemis, or Demeter can ignite a new dimension in your life.



# Andro Donovan

**The goddess doesn't enter us from outside, she emerges from deep within.**

*Andro Donovan*



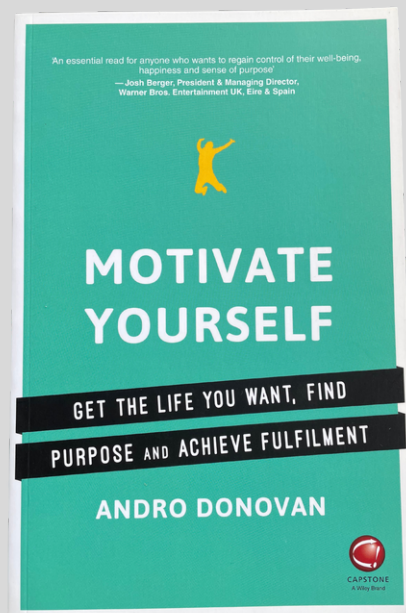
Andro is author of *Motivate Yourself – Create a meaningful life find purpose and achieve fulfillment*. She specializes in coaching high-performing CEOs, entrepreneurs and individuals who want to become more effective leaders or want more meaning and purpose in their lives. She combines her experience as a management consultant and facilitator with her natural insight and affinity with all types of people to help her clients gain greater influence, effectiveness, and perspective.

Andro is known for creating safe environments where deep personal transformation can happen individually and in collaboration.

She has worked with women from all over the world using the goddess archetypes and has always found it to be enriching, thought-provoking and often causing deep transformational shifts.

Andro Donovan BA Hons, BEd, Co-active CTI. Certified YPO facilitator.





- Do you want to live life more fully, more authentically and more meaningfully, right down to the core of your existence?
- Do you want to make a greater difference and contribution through your everyday involvement?
- Do you want to feel more productive, more present, purposeful, satisfied and inspired by your life?

These are the fundamental questions covered by Andro Donovan in Motivate Yourself: Get the Life You Want, Find Purpose and Achieve Fulfilment - a thorough, practice-based book for business professionals, entrepreneurs and individuals who are asking themselves: Is this it? Where am I going? What's my purpose? Do I feel fulfilled? What next?

The thinking behind Motivate Yourself is grounded in Donovan's twenty years of working with top-level executives, who, whilst successful on the level of career achievements, still yearn to be more fully engaged and satisfied.

Her book is a step-by-step guide which shares proven principles that help readers find purpose and fulfilment by using techniques to pro-actively design their life with the end-goal in mind, determining in advance the outcomes they desire and path to get there.

"The need for personal development often starts with a niggling feeling, deep down, that something isn't quite right," says Donovan. "Sometimes it can be hard to put your finger on. But, there the feeling is, trying to make itself known."

Available on [amazon](#) and audible.

# Alison Francis - guest speaker

Let the breath transport you to a kind of peace you've never experienced before

*Alison Francis*

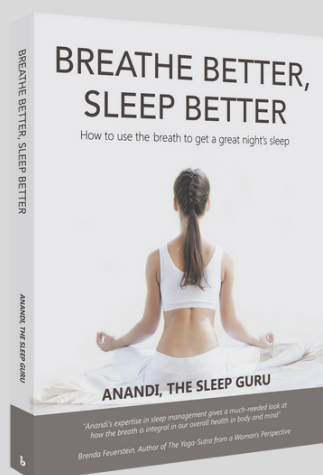


Alison has been in the wellness field for 30 years. She's an Ayurvedic coach, breathwork facilitator, senior yoga teacher and yoga teacher trainer. She's also a certified Chopra meditation teacher.

Her particular specialist area is sleep and exhaustion.

Alison is the author of 'Breathe Better Sleep Better' which explains how to use the breath as a healing tool, not just for sleep, but for wellbeing as a whole. She has appeared in the press all the major glossies including Cosmopolitan, Women's fitness,

Psychologies, Daily Mail, In the Moment Magazine, Spirit and Destiny and the London Evening Standard.



Breathe Better, Sleep Better offers a systematic approach to working with the breath as a tool to bring your whole being back into balance and give you the gift of better sleep.

Alison, also known as Anandi The Sleep Guru, shows you how to dramatically improve your daily life and, in particular, your sleeping pattern through a proven step-by-step system using the breath.

This is the first book dedicated exclusively to healing sleep issues with the breath

If you are ready to actively participate in your own healing journey, the information in this book will show you how to literally breathe yourself to sleep.





Join us!

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