

Join Sue Allsworth of Authentic Smile for a spring week personal development retreat. Immerse yourself with nature and journey of self-discovery and delve deeper into your authentic mind, body and soul to connect with your Authentic Smile.

**MAINTAIN YOUR AUTHENTIC SMILE** Explore your authentic mind and gain clarity in your life and of your authentic truth. What we choose to think and believe has everything to do with how we live life. The fears, doubt and negativity that we hold onto can quietly undermine our sense of well-being.

Reconnect with what truly matters to you in this life-changing **AUTHENTIC MIND** week retreat. It is a journey through which you discover and extraordinary personal freedom in becoming more mindful of your thoughts and how they affect your life experiences.

In a way that can seem quite magical, you will find yourself letting go of old anxieties and negative beliefs, re-emerging into the here-and-now flow of your Authentic Life with more confidence of claiming your authentic truth.

#### ACCOMODATION

Elmley Cottage

There are 5 bedrooms in total.

- 7 Nights' accommodation (shared)
- Full Board
- Time to explore the reserve
- Full support and guidance
- 1-2-1 support when needed

*1 DOUBLE ROOM DOWNSTAIRS FOR SINGLE OCCUPANCY OR A COUPLE WITH BATHROOM.*

Single occupancy - £1200 early bird - £1300 after 27/03/20

Double occupancy - £1000 early bird - £1100 after 27/03/20

(this room is also ideal for someone with disability issues)

*1 TWIN ROOM UPSTAIRS EN-SUITE*

£1100 early bird - £1200 after 27/03/20

*3 TWIN ROOMS UPSTAIRS WITH SHARING BATHROOMS.*

£1000 early bird - £1100 after 27/03/20

**No refundable 25% deposit to reserve your spot. Balance due  
17/04/20**

**There are limited spaces for this all-inclusive wellbeing retreat, click  
here to secure your place**

## DRAFT TIMETABLE

### **Friday 24<sup>th</sup> April**

Welcome session and ceremony.

### **Saturday 25<sup>th</sup> April**

Realising your Power Truths

### **Sunday 26<sup>th</sup> April**

Realising your triggers

### **Monday 27<sup>th</sup> April**

Silence Mode

### **Tuesday 28<sup>th</sup> April**

Creating your authentic life

### **Wednesday 29<sup>th</sup> April**

The Principles of Prosperity & abundance

### **Thursday 30<sup>th</sup> April**

Ceremony day

### **Friday 1<sup>st</sup> May**

Closing Ceremony

Lunch

## **Please note that each full day starts with a meditation at 8am**

Breakfast                      9am – 10.30am

Morning Session              10.30am – 1pm

Lunch                              1pm – 3pm

Afternoon Session              3pm – 6pm

Dinner                              6pm – 7.30pm

Evening Session 7.30pm 9.30pm

### **Coach & Mentor**

Sue Allsworth is enthusiastic and passionate about mental health and personal development. She has been a Health and Wellbeing practitioner with over 20 years of experience. While Sue started out as a reflexologist and aromatherapist, Sue has continued to grow and retrain both professionally and personally. Sue now has produced her own unique Journal Journey Interactive workbook series which are a collection of Personal Development books. By using and teaching the powerful tool of Journaling Sue has helped

many people connect with and discover their truth. With her business, “Authentic Smile”, she is focused on helping others find their true paths in life and their authentic Smile.

She has been on a deep and personal journey within and had to overcome many personal and health obstacles. Her own personal development journey has helped Sue to align with her authentic smile.

Sue runs workshops and retreats throughout the year whilst also running a Journal Journey Coach and Mentor training program.

Reviews from previous workshops by Sue Allsworth

“Sue is a great workshop leader. She is very **knowledgeable, supportive** and makes everyone feel special and included. She is a real role model for living life in a fun, joyful and loving way. Thoroughly **recommend** her courses and books.” – Mark

“Sue opened a safe place for us to be honest and release our inner insecurities. She facilitated a beautiful session which gave us a platform to share, learn and grow. Sue is a kind soul who does what she can to enable others to live their lives freely.” Helen

“I found Sue to be very gentle as a teacher, also loving and kind also a great friend to have. I would recommend anyone I know or otherwise to try one of Sue's workshops or events, Sue is an amazing woman and I totally believe and trust in her.” Alison

**Contact Sue Allsworth if you have further questions or if you want to book your space.**

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