



Unleash your inner radiance

ALONGSIDE A SAFE FEMININE COMMUNITY

Join us for the ultimate Human Design and Reiki retreat this November 7th to 10th - **Deepen your connection to your truest self and unlock your potential for a new chapter filled with passion, connection, and purpose.**



The soul-healing RETREAT

Escape the mundane daily life to our transformative retreat and embark on a journey of self-discovery nestled in the heart of nature.

This long weekend is your chance to:

- **Embrace self-love:** Adriana and Viola, your expert guides, will lead you on a path to self-acceptance and authenticity through tools like Crystal Reiki and Human Design.
- **Co-create with energy:** Re-ignite your spark through playful energy work and intentional rituals to awaken the most authentic, magnetic version of you.
- **Explore at your own pace:** Participate in a variety of activities or simply enjoy quiet reflection, respecting your boundaries and individual needs.
- **Find your soul tribe:** Weave a powerful web of support with women who see you.

www.TheBestEffingRetreat.com
viola@feelandheal.me
adriana@adrianakeefe.com