

Renee and Jan Groenemann present...

BEYOND SURVIVE TO THRIVE

Deep Listening,
Serenity
& Intuitive Living



INNER EYE
LIFE COACHING

CALL:
513-289-6759

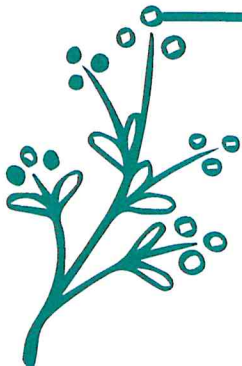
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**A 3-DAY TRIP TO THE UTOPIAN
NEW HARMONY INN FOR
REST, RENEWAL & RE-VISIONING**

Date: Friday to Sunday
June 23-25, 2023



BEYOND SURVIVE TO THRIVE:

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Join us as we engage sustained sacred space to listen to our body and heart, release what no longer serves us, and create a life worth living. Good vision requires a solid foundation, so we will explore how our limiting beliefs link to the past, and learn to get out of the way as our bodies naturally move toward releasing stress. We will cultivate connection with our emotional & spiritual self through learning deep listening, within and without. Our inner knowing will then guide us toward creating powerful vision & the practical steps to grow that vision into a life we love. A weekend dedicated to the serenity of intuitive living!

Deep Listening

- Quiet the monkey mind
- Listen to your body for stress cues
- Recognize what's literally holding you back
- Practice methods for identifying and listening to your inner knowing
- Cultivate body-based listening, intuition and action
- Recognize your Teachers in nature and all around you
- Listen to your body for stress cues & learn how to continuously digest stressors so they are no longer disruptors from living

Serenity

- Learn to move the body effectively to reset the fight or flight response
- Discover the power of living from your inner knowing
- Cultivate acceptance of the joys and the challenges of life
- Engage physical, emotional & spiritual release of what no longer serves
- Rewrite stories of challenge to stories of resiliency
- Understand boundaries and release codependent patterns
- Enjoy and learn to create more sustained sacred spaces and environments for insight and steady-state living

Intuitive Living

- Harness "your one wild and precious life" (M. Oliver)
- Transcend obstacles to living your best life and have the confidence and clarity in the next steps to get there
- Discover the power of guided visualization
- Practice contemplative and meditative techniques for understanding your experiences
- Explore the vitality of vision
- See through the Inner Eye
- Recognize your Teachers
- Write your intention on your subconscious mind and create a vow to live in your Truth

