



ST. MICHAEL & COMPANY

Spa and Wellness

Women's Immersion Retreat
MINDSHIFT
PUSHING BEYOND YOUR LIMITS.

*Vision Board, Goal Setting, Yoga,
Reiki, Meditation, Sound Bath
Feb. 24-26, 2023, Indang, Cavite
Accommodation, meals, materials,
shuttle pick up and travel
insurance included 12,500 Php*
<https://stmichaelloils.com/immersion/>

Introduction

Dear Prospective Attendees:

Thank you for your interest in the Mindshift: Pushing Beyond Your Limits Women's Retreat on Feb 24-26, 2023.

The retreat is two months away. We are trying to finalize some more details; however, we are excited about the wellness activities planned for you. So come and join us. It will be fun and a great opportunity to pause, plan, and prepare for 2023.

- Goal Setting Worksheet
- Vision Board Making
- Yoga
- Reiki
- Meditation
- Sound Healing
- Recreation activities
- Create Your Personal Legend

Please let us know if you have any questions at stmichaelandcompany@gmail.com. Looking forward to seeing you soon!

Thank you.

Sincerely,

St. Michel & Company



Retreat unlike any other ...

“Understanding how your own mind operates frees you to become the person you truly are. Your mind wants to keep you safe... but only according to the rules it has learned. True freedom comes when you learn to choose to change your beliefs rather than running on default.”

— Monty Ritchings



Immersion

Comes from the Latin word immersion, a stem of immerser meaning “to plunge in, dip into, sink, submerge,” from assimilated form of in- “into, in, on, upon.”



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Back To Nature Sense of Belonging

- **Sense of Sight-** Nature and its tranquil sceneries calm our minds and sensibilities.
- **Sense of Smell –** The aromatics of nature, from flower to wood, evoke certain emotions and affect our mood.
- **Sense of Touch –**Nature's different textures and patterns provide depth and character to our lives.
- **Sense of Hearing-**Nature's sounds and whispers bring forth many emotions and moods.
- **Sense of Taste-** The most exotic tastes of nature's food give us comfort and nourishment for our bodies.



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Breathing Space

The intent of being “Back to Basic” enables us to find a “breathing space” and a “sense of belonging.” Our experience of being immersed in nature brings a sense of discovery, grounding us with our five senses (sight, smell, touch, hearing, and taste).



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Five Elements



Metal Element



Water Element



Wood Element



Water Element



Fire Element



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Five Core Principles

This immersion retreat incorporates the five elements (metal, wood, water, fire, and earth) and the five core principles: creativity, solid foundation, growth, passion, and connection.

Creativity

Innovation, imagination, original ideas, artistic work.

Growth

Progress, advancement, moving forward, milestone

Solid Foundation

Authenticity, grounding,

Passion

Purpose, desire, goals, focus, concentration, determination

Connection

Lasting relationships, synergistic partnerships



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Retreat Schedule

While in retreat place is out of nowhere, you will enjoy the open starry skies at night, the beautiful afternoon sunset, the nature walk, and quiet space to meditate. Clarity and changing the mindset are our goals for this retreat. Wellness activities such as yoga, meditation, creating vision boards, and goal setting will fill up our days. You will be surprised how quietness and minimum bare existence can shift your mind and create a new energy that can transform your life.



Day 1

We greet the morning with gratitude through sunrise yoga and prayer. Mindfulness is key in setting our intention for the day. The entire day is filled with mind and body wellness activities to create that balance as we discover our inner strengths and reach our potential in pushing beyond our limits. Using nature as a platform to inspire us to set our future goals and make our vision boards. There will be outdoor activities such as trekking and outdoor meditation. We show our gratitude to mother nature through a tree-planting ceremony to give back and pay forward. Dinner will be served outdoors to enjoy a campfire and smores.

Day 2

We begin the evening of Day 1 as an introduction for all the retreat attendees. Check-in and registration begin as early as 4:00 p.m., Followed by a customary gesture of foot bath of all attendees, inspired by the servant leadership. St. Michael's retreats start with traditional foot washing and a welcome reception. Enjoy the evening with Starry Nigh conversation, journaling, and setting the retreat's intention through group sharing. Closing the evening with a sound bath to relax the mind and body.

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Speakers & Facilitators



Maria Ramirez, President & CEO, St. Michael & Company
At St. Michael & Company, the love for health and wellness is very personal. The company started its wellness journey when a family member was diagnosed with cancer in 2017. In search of healthy options for cancer care and treatments, She explored mind and body wellness alternatives such as nutrition, yoga, meditation, acupuncture, therapeutic massage therapies to aromatherapies. She has traveled to 28 countries. Prior to St. Michael, she has more than 25 years of experience in Brand Management, Public Relations and Crisis Communication.



Marie Paz Mungcal, EVP for Marketing, St. Michael & Company

Marie Paz Mungcal, before joining St. Michael, ran her organic farming business; she advocated for farm-to-table and worked closely with farmers in the last decade. She believes that organic farming is essential for health and wellness because it nourishes our bodies to heal. She also has an extensive public administration/policy background through her work at the National Statistics Office. She knew in her heart her love for health and wellness.



Kristin Calim, Yoga Instructor, Reiki Master and Sound Healing Practitioner,

Kristin Calim, also known as Teacher Kris, used to be a corporate training manager in one of the biggest IT companies in the country. After more than a decade in the industry, she left to focus on family and raising her son. Shortly after, Kristin found Yoga, Reiki and meditation, and she embraced all of them, a passion that has grown and blossomed to a successful practice. Kris now holds several certifications in the practices she loves. Kristin is now a certified Reiki level 3 healer, a certified Meditation Teacher, a certified Yin Yoga teacher, and a Sound Healer. She is also teaching at Lyceum of the Philippines - Laguna — teaching young adults about mental health and wellbeing