

IPUNGA

The Reset Code



TRANSFORMATIONAL FIVE DAY RESIDENTIAL RETREAT
DESIGNED TO RESET YOUR BODY MIND AND SOUL

21st – 25th September 2023



Come and join us at the stunning Ipunga Wellbeing Sanctuary in Ibiza for a five day fully immersive transformational journey of self discovery and enlightenment.

This retreat encompasses wisdom, movement, meditation and realignment which has been designed to fully reset and reboot your body, mind and soul.

The Reset Code is a unique experience unlike any other wellbeing retreat combining a wide range of different treatment modalities designed to improve psychological & physiological wellbeing and achieve the greatest transformational effect over the duration of the retreat.



Maybe the journey is not so much about becoming anything, maybe it's about unbecoming everything you thought you were in order to become the person you were meant to be in the first place.

Paulo Coelho

euphrenity
A formula for life

IBIZA

Meet the Team

Lisa, Louise and Adam are the ideal wellbeing experts to lead you through this self-development journey. They all have a wealth of experience in their respective fields of work, and have cleverly fused together their teachings, tools and techniques to create something extremely powerful that will help you improve and maintain positive mental health and wellbeing.

They've worked with a range of individuals to deliver transformative experiences, and their strong dynamic as a trio gives them an infectious energy that brings this retreat to life.



Lisa Upton

Transformational Wellbeing Coach and Founder of Euphrenity
euphrenity.com

Lisa Upton is a certified transformational coach, neuro - linguistic practitioner, hypnotherapist, and founder of Euphrenity. Lisa has a passion for developing people and has spent years working with some of the worlds leading Neuro scientists, researchers and psychologists to discover the most effective techniques to help people better maintain positive mental health. Lisa will share with you a number of contemporary modalities including hypnotherapy, timeline therapy, core processing and transactional analysis. These techniques will show you how we don't have to be at the mercy of our thoughts and instead we can become the alchemist of our own minds.



Louise Harris

Holistic Wellbeing Coach and Founder of The Mindful Being
the-mindful-being.com

Louise is a shamanic practitioner, yoga teacher, energy coach and the founder of the mindful being. Louise's personal passion is healing through movement, breath, sacred ceremony and ritual, all things that empower humans to evolve their consciousness.

Louise's yoga and energy coaching practices will help you enhance your strength and flexibility and her devotional movement medicine will invite a deeper connection with your energy body, accessing parts of you that are ready to heal.



Adam Laidler

Integrative Psychotherapist
mebeingadam.com

Adam is an experienced psychotherapist, coach and public speaker with a passion for helping and inspiring others to reach their potential. Adam's practice is established upon the very latest scientific research, which he blends with a sense of pragmatism and compassion. Adam will gently challenge you to go beyond what you believe are the limits of your mind and share with you techniques that will help you manage your emotions and behaviours reinforcing positive mood states.

The Reset Code:

Transformational fully immersive day retreat designed to reset your body mind and soul.

Team Euphrenity offers you this fully immersive five day retreat, where you learn and experience the fundamental pillars that help us improve and maintain positive mental health and wellbeing.

The Reset Code has been developed to offer education, experiences and exploration around these pillars, which include, conscious living, right hemisphere alignment and intuition.

The retreat is hosted by an incredible team who are all experts in their respective fields. Drawing upon wisdom acquired over many years, this carefully curated day consists of a range of activities that aim to facilitate a positive shift in consciousness. From guided meditations, cold water immersion therapies and breath work these self-development tools will support your continued wellbeing long after you have left the retreat.

Attendees can expect a gentle and lightly challenging format on this retreat, where space is held for deep self-exploration and integration.

During this transformational five days of self-discovery and enlightenment, you will experience a range of sessions delivered to you by the Euphrenity team, including:

Education: Theory based learning will delivered by Lisa Upton - Performance Coach, Hypnotherapist, Mental Health Practitioner and self-proclaimed "Neuro Nerd".

Lisa will share with you a number of modalities to help you better understand the mechanics of the human mind which include; hypnotherapy, Core Processes, and transactional analysis all of which will help aid neurological levels of change.

Meditation/Movement: A range of meditation and movement practices will be delivered by Louise

Harris – Holistic Wellbeing Coach, Yoga Teacher and Shamanic Healer.

Louise will share tools that foster deep connection with our intuition, bringing you out of the mind and into the body. Through meditation, movement and breath work you will explore the release of anything that is not serving your highest potential – creating more space in your physical, energetic, and emotional body.

Contemplation: Integrative Psychotherapist Adam Laidler will gently guide you and help you discover the essence of who you are, what is driving you and what might be potentially holding you back.

Adam will invite you to attune to different parts of yourself using compassion, curiosity and courage. His guided sessions facilitate deep self-exploration, insight and soul connection.

The Reset Code is perfect for anyone who wants to experience the mind-body-soul connection and better understand how to maintain positive mental health and wellbeing. If you have experience of mental health challenges or wellbeing concerns, the team will work closely with you to ensure you receive the right support.

We cant work miracles but we can promise you that you will leave this experience with a feeling of complete realignment, a greater sense of clarity and a reawakened mind, body and soul.





Your Stay

We believe that to fully immerse yourself in this experience you need to be in an environment that encourages change and growth so we are confident that Ipunga will provide this.

This intimate finca turned wellbeing sanctuary is hidden away in a serene pine forest and surrounded by orchestras of cicadas. Ipunga is accessed via a rustic country road in the hinterlands of Cala Llonga and is the perfect place to press pause and fully reset.

Ipunga has 9 beautifully decorated rooms ranging in size, all rooms are based on single occupancy, there are however a small number of twin rooms available (this will reduce the individual cost of the retreat) so why not invite a friend/partner to attend so you can experience this together.

Food will be provided by the amazing resident chef throughout the whole experience and will consist of breakfast, lunch, and evening meal. All foods are locally sourced and consist of vegetarian, plant-based, gluten and dairy free options.

Retreat Includes:

- Four-night stay at Ipunga
- Education: Daily doses of wisdom insight and integration
- Meditation/Movement: Daily guided meditations, conscious breath work, movement including yoga nature hikes and swims (all levels supported)
- Contemplation: Lots of time to lounge poolside, wander through the pine forests, and soak up the magic of your surroundings
- Cocoa ceremonies
- Optional challenging cliff face jump
- "The Reset Code" gift bag
- MEALS include: light breakfast daily, lunches + four dinners with the resident private chef
- Transfers to and from the airport
- 1.5 hours of 1:1 work with a member of the team where you will be invited to share your intentions and objectives for the retreat to ensure your experience will be truly transformational.

***Please note that all retreat activities are subject to change.**





Next Steps

If you are interested in this retreat, you can book a 30 minute call with one of the team by emailing or calling the number below and they would be more than happy to share more details and answer any questions you might have.

Price to invest in yourself

- The cost of the retreat is between £2150 - £2350 per person (5 days / 4 nights) dependent on room type, the price is based on single occupancy and includes personal transfers to and from the airport of required.

- Please note flights are NOT included in the cost of this retreat, you will need to arrange these yourself.
- You can secure your place by booking online, due to the popularity of the retreat you will be required to pay a 30% deposit and the remainder 3 months prior to the retreat date.

This truly is a retreat of a life time - we would love to have you join us for this life changing experience on the magical island of ibiza.

Contacts Booking & Pricing

Investment: £2150 - £2350 per person
Date: 21st - 25th September 2023
www.euphrenity.com/retreats

Lisa Upton

lisa@euphrenity.com
Tel 07887552633
www.euphrenity.com

