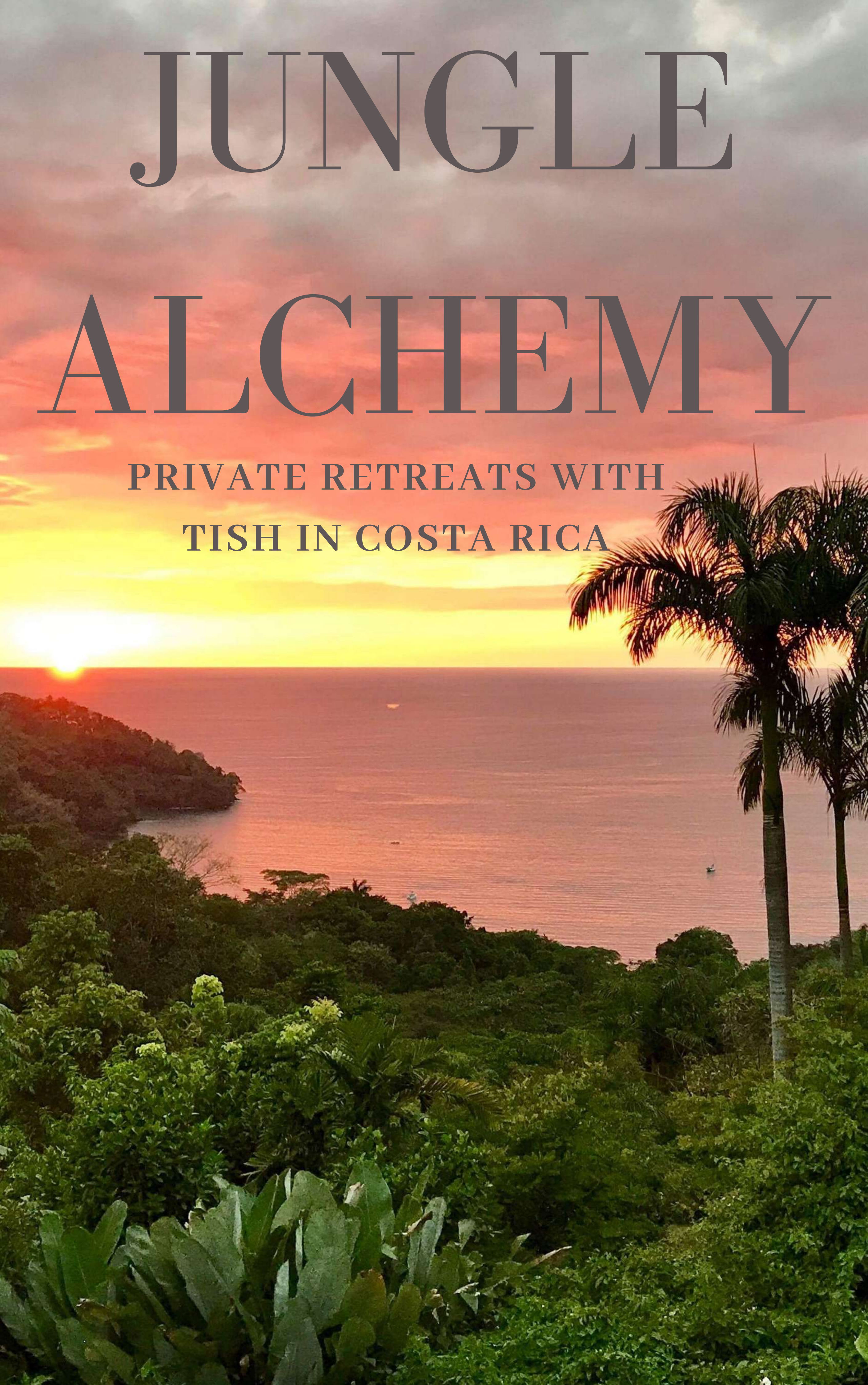


# JUNGLE

# ALCHEMY

PRIVATE RETREATS WITH  
TISH IN COSTA RICA



JUNGLE ALCHEMY IS AN EXCLUSIVE, UNIQUELY DESIGNED PRIVATE RETREAT THAT MEETS YOU WHEREVER YOU ARE AT, AND HELPS YOU TO EMBODY EXPERIENCES THAT ARE MEANINGFUL TO YOU.

THIS WILL THEN MOTIVATE AND INSPIRE YOU TO TAKE YOUR NEXT STEPS IN YOUR LIFE WITH RE-NEWED CLARITY, CREATIVITY AND PURPOSE. THIS RETREAT OFFERS A DEEPLY PERSONAL, NOURISHING AND SOULFUL EXPERIENCE. AN INVITATION FOR YOU TO DIVE IN TO YOUR INNER WISDOM, FROM A SPACE OF NON-JUDGMENT, FREEDOM AND EXPLORATION.

A RETREAT GIVES YOU THE OPPORTUNITY TO WITHDRAW, REFLECT AND TURN YOUR ATTENTION INWARD, AWAY FROM THE WORLD OF EVERYDAY DEMANDS, PRESSURES AND RESPONSIBILITIES. YOU MAY WISH TO GIVE TIME TO ANY ONE OF A WIDE RANGE OF ISSUES: YOUR HEALTH, RELATIONSHIPS, CAREER, PERSONAL DEVELOPMENT, A SENSE OF MEANINGLESSNESS, LACK OF PURPOSE, CHALLENGES OF AGEING, COPING WITH EMOTIONS, ANXIETY, DEPRESSION, CRISIS OR SPIRITUAL ENQUIRY.

I OFFER A SYNERGY OF YOGA, BREATHWORK, DANCE MOVEMENT THERAPY, INFUSED WITH INCREDIBLE INSPIRING AND UPLIFTING SOUNDHEALING, MEDITATION, HOLISTIC HEALING THERAPIES, WALKING, PLANT MEDICINE, DEEP CONVERSATIONS, AND INSPIRED HEALTHY CUISINE WITHIN A SUBLIMELY BEAUTIFUL NATURAL ENVIRONMENT.

EACH CLIENT HAS DIFFERENT REQUESTS, AND THUS I'VE CREATED A RETREAT PACKAGE THAT MAY SERVE AS A "STARTING POINT" FOR YOUR UNIQUE RETREAT, MY RECOMMENDATION IS TO LISTEN TO WHAT YOUR HEART DESIRES (NOT YOUR HEAD). .I LOOK FORWARD BEING YOUR GUIDE..



01

DEEP REST, RECONNECTION  
AND REEVALUATION

An invitation to a deeply personal, healing, nourishing and soulful experience. Dive into your inner wisdom, from a space of non-judgment, freedom and exploration.

Tish holds the space so that you can let go of any expectations, relax, and know that there is no right or wrong way of doing. Through movement exploration you will attune and listen to your heart's song, and welcome in joyful authentic expression.

Suitable for : Woman who feel depleted, suffer from adrenal fatigue and chronic stress or anxiety.

Theme : Quiet time in nature, reflection, inner guidance, relaxation & stillness, receiving, creating space, jungle bathing, ocean bathing, barefoot hiking

You will leave feeling : Calmer, more peaceful, greater clarity and in harmony with yourself and life.



02

NEW DIRECTION, NEW YOU!

Everything in the universe has a pulse, a time for expansion, contraction and stillness. Expansion moves us forward, it's a time for growth, inspiration, motivation and creativity.

Contraction is a time to go inwards, to retreat as a way to recharge and nurture yourself. Stillness is the non doing, the time for peace and calmness. If your tendency is to keep striving and moving forward in your life then you may find that this constant motion forward will result at some point in you hitting a brick wall. Just as the natural rhyme of the universe teaches us, there must be a time for contraction and stillness in order to be ready, restored and energised for the next expansion.

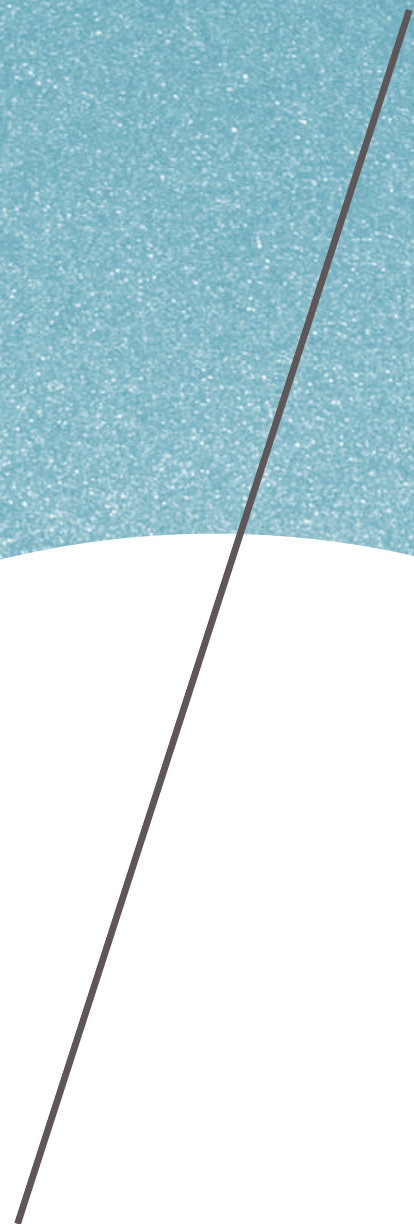
Suitable for : Woman who wishes to step back from everyday life issues, to breathe and connect with more silence and stillness.

Theme : Letting go of limiting beliefs, release old habits, and the ties to past moments that have long since gone, creating space, trust, spontaneity

You will leave feeling : Inspired clarity and motivated to continue your life's journey with purpose and integrity



03



EMOTIONAL HARMONY

In order to create space for the new to present itself in your life you need to get very clear on what is no longer serving you. To ask the universe to set you free from any limiting beliefs that may be blocking you from believing in your ultimate greatness. During this retreat experience you will gain clarity on what it is you wish to call into your life, and how you want to feel. By releasing old habits and ways of doing and 'non' doing you will make space to infuse your body with new energy and expression.

Suitable for : Someone who is feeling frustrated with life. You feel 'stuck', you are sitting at a crossroads not knowing where to go next. The same patterns keep playing over and over again. If you have reached the point of 'enough' then you are ready for the next step.

Theme : relaxation, awareness, energy truth, postural alignment, body intelligence

You will leave feeling : Rested, energised and ready to take on the world with greater motivation, acceptance and new spirit.





04

REGENERATE YOUR  
ENERGY

When you are always doing, doing and doing what happens to your energy batteries? If you are anything like me, I feel depleted. My body, mind, emotions just shut down. Learning to invest my energy wisely is key to my health and well-being. Saying 'no' often means I am saying 'yes' to me.

Choosing where is best (in the moment) to invest my life force energy helps me to reduce any energy leaks. I have to prioritise in what I feel is important to me and what best serves me in that moment. During this premium retreat experience the invitation is to add trust to your body's wisdom.

Suitable for : Someone who is overworked, stressed, burnt-out, low in energy, experiencing a life crisis, or post relationship breakdown

A liberating one-of-a-kind retreat experience perfect for all levels and ages.



05



RE - CONNECT  
MOTHER & DAUGHTER  
RETREAT

ReTREAT yourselves. This exclusive retreat experience is a very special mother-daughter getaway. Join Tish for 3 or 5 nights and enjoy everything that women love to do, a synergy of private movement sessions, organic healthy food, spending time in nature, jungle spa, therapeutic massages, laughter, deep conversations, meditations, creative art, relaxation and spending precious quality time enjoying each other's company. A heartfelt retreat experience crafted for you to nurture your relationship with each other.

The loving bond that Mothers and Daughters share is beautiful. For both to witness and create space for each other to flourish and growth within their own unique signature, without interference and judgement can sometimes cause tension and worry. Communication is key. Being mindful of what both bring (emotionally) to every situation and practising the art of listening to one another completely, even when that may feel hurtful or raw for you.

Leave feeling re-energised, loved and grateful to have shared this precious time together.



## Meet Tish

Originally from South Africa, she now calls Costa Rica her home. Tish has been fortunate to have lived in multiple countries and traveled around the world exploring different healing practices. She journeyed to Peru where she completed her RYS 200h yoga and meditation certification to deepen her connection to self. She studied ancient healing techniques with elders from Guatemala to Colombia. She is passionate about health and wellness and accredited as an Eco-Chef and women's empowerment coach. She inspires women to reframe the old ways of thinking and communicating about our cyclical nature, inviting realignment with the potency of the feminine flow. A certified MoonMother<sup>®</sup>, Tish guides women to live, grow and work in harmony with authentic femininity, amplifying women's ability to reclaim the sacred and take action in celebration of feminine energy rather than in denial of it. She blends a wealth of healing modalities into empowering and transformative retreat experiences for women worldwide. An awakener of the bliss body and a leader in emerging feminine consciousness she brings her gifts forward to help women transcend blocks, balance energy and activate a healthy mind, body spirit relationship.

## Testimonials

It's now been exactly one month since I returned. I sit with so much gratitude. As a psychotherapist in my first career, I never stopped studying and loving psychological, spiritual and personal development work. I tell you that for context because my time with Tish was one of my most transformative, playful, confidence building and healing experiences. These incredible memories are now indelibly imprinted in my body and soul. I have no doubt they will influence my future work. Tish facilitated the exact right medicine at the exact right moment in my journey. And today, as a result, I Continue to follow the stardust, am feeling even more in my joy, and am actively creating my beautiful future of service, and fully trust that I can and will continue to break through my inner-barriers. I cannot recommend Tish highly enough as a guide for every woman who wants to drop into the mystery and power of their feminine, juicy, authentic Goddess self! With eternal gratitude! ~Mikki

I came to Follow Your Bliss to recharge after burn out from years of working 100 hours weeks while I tried to balance a career and growing a new business. For years I had neglected my body while trying to push myself harder and harder toward my idea of success. Through meditation, nutrition, breath work, sound healing, plant medicine and other practices at the retreat I was able to reconnect with my body and identify root causes of pain that were holding me back. Tish has a special gift for healing women and guiding them through their own journey toward empowerment and fulfillment. Lacey

Tish, Thank you for all you are doing to make this world and my time in Costa Rica as rich and aware as you did. My experience was deeply emotional. Highly Spiritual. I was able to work through some pretty old patterns, and clear personal blocks. My energies are open and balanced again. The womb healing and sound healing sessions were amazing. Thank you for showing me that taking care of my body can be easy and fun! You embody a special gift, your presence. Thank you for sharing your knowledge, teaching, and tools blended well for this overhaul that my psyche, spiritual, and physical being went through. I will be back with you in the jungle soon." Rebekka



## Trained & Certified:

RYT 500h YTT Certification Yoga Alliance

Eco Restorative Chef Accreditation

Moon Mother® Certification

Sacred Cycles Doula Training

The Arvigo Techniques of Maya Abdominal Therapy®

Vortex Crystal Healing Certification

Holistic Wellness Coach Accreditation

Sound Therapy Certification with Vyola Myst

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“If you do follow your bliss you put yourself on a kind of track that has been there all the while, waiting for you, and the life that you ought to be living is the one you are living. Follow your bliss and don't be afraid, and doors will open where you didn't know they were going to be.”

— Joseph Campbell

