

WEEKEND LOVER AGENDA

Let's pave the way for more
awe-inspiring, mindful
me-time to reset & nourish our
precious selves.

Timing on both days:
4:30pm - 8 pm CET
2:30 pm - 6 pm UTC
10:30 am - 1 pm EDT

DAY ONE: EXPLORING YOUR NEEDS WITH CURIOSITY

On the first day we'll set the foundation of the overall theme.
Introduction and guided mindful self-compassion practice.
Resourceful reflection exercises & insights along the way.

REST & SLEEP

DAY TWO: CULTIVATE KINDNESS & SELF- COMPASSION

How to practice and cultivate self-compassion skills in daily life to
support your emotional well-being in the long run.
We deepen and share experiences before we close our blissful
weekend lover retreat.