

# valerie

## Rising Strong - IWD Retreat

### 10:30 | Arrival

Arrive into the space, enjoy a nourishing welcome drink and begin to land in your body.

### 11:00 | Opening: Returning to the Body with Sama Trinder

We begin by slowing down. Through guided presence and connection, you'll shift from the outside world into a deeper relationship with yourself - arriving fully, just as you are.

### 11:15 | Women Ready to Rise with Wizz Selvey

An energising conversation exploring what becomes possible when women stop self-editing and start trusting their inner authority. Expect honesty, expansion, and a powerful reframing of leadership.

### 11:30 | Erotic Power as Life Force with Andrea Balboni

A grounded exploration of erotic energy - not as performance, but as vitality. Discover how embodied life force fuels confidence, creativity, magnetism & feminine leadership.

### 13:00 | Communal Grazing Lunch by Chef Vanessa Marx

A delicious, abundant table designed for connection. No rushing - just meaningful conversation, nourishment and space to breathe.

### 14:00 | Somatic Movement: Pleasure & Power with Andrea Balboni & Sama Trinder

Through guided movement and intuitive dance, you'll reconnect with the intelligence of the body. Expect release, aliveness and the quiet confidence that emerges when you allow yourself to be fully felt.

### 16:30 | Integration & Closing Ceremony

Gather to reflect, share insights and anchor what has shifted. This is where the experience moves from momentary to lasting.

### 17:30 | Departure

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