

# Liberate your life

FIND FREEDOM FOR YOUR MIND, BODY + SOUL



*bethany***PERRY**  
INTUITION + NEUROSCIENCE  
[WWW.BETHANYPERRY.COM](http://WWW.BETHANYPERRY.COM)

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DATE MARCH 3RD - 10TH 2018

SUB *Hilton Head, South Carolina*

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“ INTENTIONS ARE  
SEALED IN THE HEART,  
AND THIS IS WHY YOU MUST CHANGE YOUR  
HEART IF YOU WOULD LIKE TO CHANGE YOUR  
LIFE. YOU CAN CHANGE YOUR MIND  
A THOUSAND TIMES, AND YOU WILL  
NEVER TOUCH YOUR INTENT.  
IF YOU NEVER ENTER YOUR HEART,  
YOU WILL FORGET WHAT YOU HAVE PLACED  
THERE AND LOSE COMMAND OVER IT ”

*Glenna Green*

LOVE WITHOUT END



*Welcome!*

To bring a group of passionate women together who yearn for something MORE in their every day has been my dream. Because you're here, that dream is coming true. I look forward to our time together and even more importantly, the growth that will come from it.

Together, we will leave transformed!

WON'T YOU JOIN ME?

*bethany*

# A TASTE OF WHAT'S TO COME

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AN INTIMATE GATHERING

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Women are invited to join me on this journey to filling our lives with radiant light



MEMORIES

Relax! We'll capture the highlights and send you a curated album to savor the experience with

PLEASURES LIKE...

BEACH YOGA

PERSONAL BICYCLE

PRIVATE CHEF DINNER

*"I'm restless. Things are calling me away. My hair is being pulled by the stars."*

ANAIS NIN

3 PRIVATE SUITES



Get ready to enjoy the MAGIC of North Forest Beach!

3 FLOORS OF SPACE TO ENJOY

SACRED BEACH CEREMONY TO GRACIOUSLY PREPARE US TO HEAD BACK TO OUR DAILY LIVES

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HILTON HEAD, SOUTH CAROLINA | MARCH 3RD - 10TH 2018

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*bonuses*

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— MONTHLY COACHING —

AFTER THE RETREAT, YOU'LL RECEIVE 3 MONTHS OF GROUP COACHING AT NO EXTRA CHARGE.  
(1 GROUP COACHING CALL PER MONTH)



— FREE PHOTO SESSION —

EXPERIENCE THE FUN OF CELEBRATING THE NEW YOU WITH OUR GROUP BEACH PHOTO SESSION WITH AN AMAZING LOCAL PHOTOGRAPHER



— RITUAL OF RELEASE —

EXPERIENCE BETHANY'S "RITUAL OF RELEASE" A LIFE CHANGING EXPERIENCE OF RELEASING THE PAST AND ALLOWING THE NEW INDIVIDUAL TO BLOSSOM



# DAILY SCHEDULE



## *Morning*

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### BEACH YOGA + MEDITATION

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Daily Sunrise yoga on the beach to experience the connection of nature, breath, mind, body and soul.



## *Breakfast*

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### HEALTHY BREAKFAST

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Learning "Intuitive Eating" while enjoying a Healthy Breakfast & Lunch (participate in a cooking class) – Experience the flavors of the south one evening with a dinner prepared by a Local Chef



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LUNCH & ADVENTURE

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Transformational Personal Life & Health Coaching daily to find, identify or rearrange the puzzle we call life...enabling you to leave with a different perspective, focus and understanding of the connection of the heart and mind and a method to deal with limiting beliefs!

*Afternoon*



*Evening*

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RELAX + REGROUP

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Powerful daily group coaching sessions to integrate, process and share in the experience others' have experienced

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## *Hilton Head*

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*We're going to the picturesque Hilton Head Island where you can escape the every day and focus on what matters.*

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### RELAXATION + ADVENTURE ON HILTON HEAD ISLAND

*including:*

FREE "IGNITE THE BODY TIME" INCLUDING:  
Pool, hot tub and ocean

#### EXCURSIONS

hike, bike, golf, kayak, horseback ride, shop

ENJOYING THE DELIGHTS OF EVERYTHING  
AROUND!

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"KEEP SOME ROOM IN  
YOUR HEART FOR THE  
UNIMAGINABLE."

-MARY OLIVER

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# WHAT TO EXPECT

## *Liberate your Life*

Imagine yourself in this luxurious setting in prestigious Hilton Head Island.

Visualize spending time in your body, nourishing your brain which is involved in everything you do, opening your heart, and addressing a lifetime of trauma (of any kind) from the body.

Having time to disengage from our connected world, learning to incorporate Awareness, discover the 'why' behind unhealthy choices of limiting beliefs and 'how' to open your heart to allow yourself to be set free creating a happier, more inspired life.

### EXPERIENCE

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THE JOY OF FINDING OUT WHO YOU REALLY ARE! (DEALING WITH THE VOICE/VOICES IN YOUR HEAD)

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PURGE ALL LIMITING BELIEFS AND REALITIES THAT ARE HARMFUL TO YOURSELF AND OTHERS (WEIGHT, RELATIONSHIP, CONFIDENCE AND FORGIVENESS ISSUES)

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RELEASE ALL REALITIES AND BELIEFS THAT DO NOT SUPPORT WHO YOU REALLY ARE

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CREATE THE VISION OF THE LIFE YOU WANT TO LIVE!

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TURNING BACK AROUND AND FACING THE LIGHT OF YOUR CREATOR AND ALLOW IT TO "TURN ON THE LIGHTS" IN YOUR LIFE - DEVELOPING THE BELIEF THAT WE ARE NOT ALONE!

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## *Opening the heart process*

The "Opening the Heart Process" guides you to integrate and process the changes you want to make each and every day while sharing tears and laughter with other people just like you!



Experiencing Bethany's "Opening the Heart Process" allows you to become conscious of the self-sabotaging beliefs we all possess, while learning how to address them.

## *Signature Heart Awakening*

The "Opening the Heart" process works, it's the path that I have taken for the last 25 years.

Through the understanding of the relationship of brain and the heart, I have been able to address the limiting and self-sabotaging beliefs in my life.

All while experiencing a stroke, the loss of a brother and a divorce! I have documented this journey so that you can benefit from it. Enjoy this one week intensive that will allow you to not only see your limiting beliefs but replace them with beliefs that will allow for a happier fulfilled life!

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CLEAN UP YOUR LIFE,  
MIND AND EMOTIONS:

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BE THE LOVE THAT YOU ARE

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DO THE RIGHT THING

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FOLLOW LIFE AND THE LIVING

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FORGIVE YOURSELF AND OTHERS

ALL OF THIS WHILE  
ENGAGING THE ONLY  
TRUE EXPERT IN YOUR LIFE  
THAT HAS BEEN COLLECTING  
DATA ON YOU FOR A  
LIFETIME...YOU!

*“You will not m  
forgetting, and  
same thing aga*

*your grievances against o*

*your own partici*

*-MICHA*

*The Untet*



*ake it right by  
then doing the*

*in. Besides, you cannot fully release*

*hers until you understand*

*”*

*pation in them.*

*EL SINGER*

*hered Soul*



## LUXURY BEACH HOUSE

SPACIOUS 6,000 sq ft

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FEATURES Full Ocean Views

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Gourmet Kitchen

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Plenty of space to spread out

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Walk to the beach in a heartbeat

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Pool

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Jacuzzi

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Sun Deck

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### DESCRIPTION

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Ten foot ceilings and full ocean view windows on the first floor offer an unobstructed view of the ocean.

Jenn Air Kitchen for all our culinary adventures together.

A large oceanfront pool, much larger than most in the area

Dining table large enough for all of us to dine together with ease.





GOURMET  
KITCHEN

Perfect for our  
healthy eating  
lessons + private  
chef lesson!

SPACIOUS LUXURY



# accommodations



## PRIVATE KING

Gorgeous views of the ocean await in your private king room. Spread out, relax, and enjoy your private place to unwind. Soak up the beauty of Hilton Head and enjoy the breathtaking views every morning and evening without leaving your bed!

\*2 Other King rooms available, not pictured





#### SHARED ROOM

Every bit as comfortable as a private room, these shared twin rooms offer you the chance to develop deeper relationships with the wonderful women attending.

At the end of the day, head back to your shared sanctuary and enjoy the camaraderie that sharing a room offers.

Queens + Doubles available, book early to reserve a queen as they will go fast.

Other rooms available, not pictured

# YOUR OPTIONS

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## ENTRY

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Includes shared accommodations. You will have a private bed to yourself of a twin or larger.

\$1895.00

\$500.00 to reserve with 2 equal payments of \$697.50 following.



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## LUXURY

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### PRIVATE ACCOMMODATIONS

The ultimate in comfort, you will enjoy a king size bed and private room.

\$2295.00

\$500.00 to reserve with 2 equal payments of \$897.50 following.

Based on Availability which is limited.



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## INCLUDED:

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7 NIGHTS ACCOMMODATIONS

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2 BREAKFASTS/LUNCHES/DINNERS

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DAILY TRANSFORMATIONAL COACHING

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DAILY YOGA PRACTICE

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3 MONTHS GROUP COACHING AFTER

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TIME TO EXPLORE THE AREA

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PAJAMA PARTY + MOVIE NIGHT

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POOL, HOT TUB, OCEAN + MORE

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ACCESS TO FUN EXCURSIONS

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ACCESS TO SHOPPING

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COOKING LESSON WITH A LOCAL CHEF

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SACRED BEACH CEREMONY

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BOAT RIDE + DOLPHIN EXCURSION

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INTUITIVE EATING

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I WANT TO REGISTER

# CONTACT

GET IN TOUCH VIA SOCIAL MEDIA

OR VISIT OUR WEBSITE AT

[BETHANYPERRY.COM](http://BETHANYPERRY.COM)



[@HOLISTICHEALTHWITHBETHANY](https://www.facebook.com/HOLISTICHEALTHWITHBETHANY)

FACEBOOK



[@BETHANYPERRYLIFE](https://www.youtube.com/@BETHANYPERRYLIFE)

YOUTUBE



# ABOUT BETHANY

GIFTS

I am here to support and inspire you to maximize your personal and professional potential.

*Love*

*Intuition*



I LOVE TO TEACH INTUITIVE LISTENING, INTUITIVE EATING AND CONNECTING WITH YOURSELF IN A MORE COMPLETE WAY

*I specialize in blending intuition and neuroscience*

MINDFULNESS IS KEY

NUTRITION PLAYS A VITAL ROLE

IT TAKES ACTION

*Number of Yoga Certified hours I've done*

1000+

NEUROSCIENCE

Certified as an Affiliate to Dr. Daniel Amen, M.D., I have very specialized training to nourish and boost your brain health. I am also certified in The Transformational Coaching Method which is a coaching method based in Neuro-Linguistic Programming.

COACHING

As a CAN Life Coach (Centre for Applied Neuroscience) I bring years of training and coaching to meet your short term and long term goals.

# POLICIES

Reservation is non-returnable.

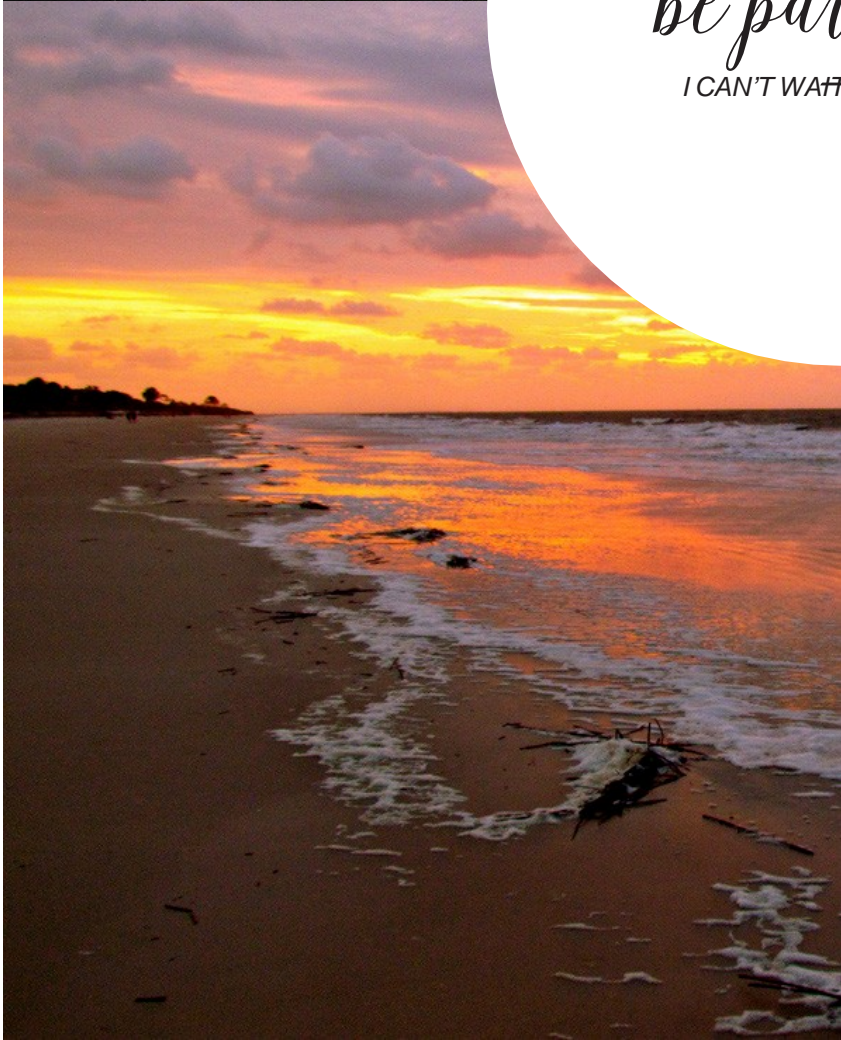
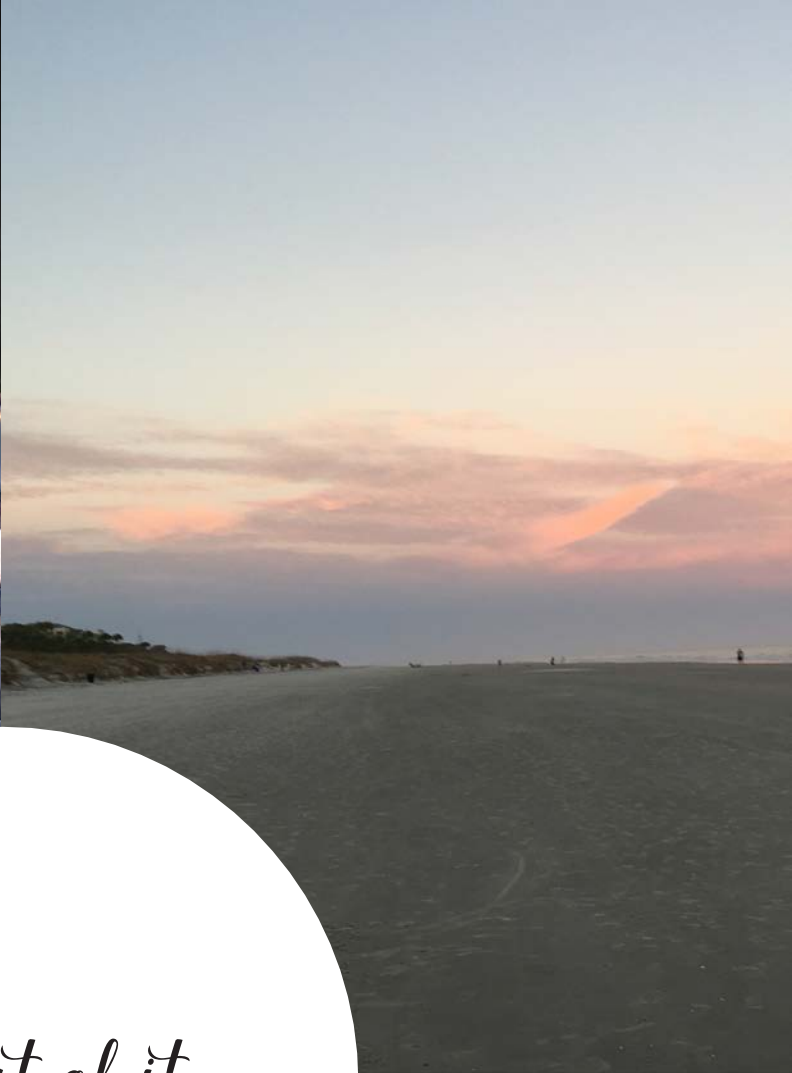
\$500 nonrefundable retainer holds your space. Two additional payments as stated by room type are due October 1, 2017 + February 1, 2018. Failure to make either payment forfeits your space.

Should you be unable to make it, you are welcome to transfer your seat to another, simply let us know at least 72 hours in advance of arrival.

All payments are non-refundable.







*be part of it*

I CAN'T WAIT TO MEET YOU!