



Inside®
Out RETREATS

Serving a conscious community

Supporting your inner workout

Energise, nurture, stretch and strengthen your inner self, Inside Out Retreats nurtures the soul.

Whether seeking rejuvenation, inspiration or transformation, Inside Out Retreats provides the services to help put "you" back into your life. Nurturing self-awareness, spiritual evolution, personal growth and expansion, Inside Out Retreats is committed to transformational change ... from the inside out.

An inner workout, we support your journey through guided treatments, workshops, training, retreats and film.



We offer:

- Intuitive Coaching
- Guided Energy Healing
- Transformational Workshops
- Retreats
- Online

www.insideoutretreats.com

From the Inside Out

The sun comes up, another day,
as you search your heart to find
the 'who' you are, the one you knew,
the one you left behind

You make a vow, "to myself be true"
as you start to piece together
that life you dreamed of as a child
that clouded with the weather

So you'll need some tools to guide your sails
the right way from today -
a compass point, an anchor,
a light to show the way

For when the horizon overwhelms,
or fills you up with doubt,
don't look for your tools from the outside in,
look from the inside out

From the inside out there's clarity,
you can see with the inner eye
You can use the lungs within
to breathe a deeper sigh

From the inside out your inner voice
speaks the vow with which you start,
and there you find encouragement
nestled deep within your heart

Because from the inside out,
the compass faces a different pole
From the inside out, the compass
points to your inner soul

When the soul is given voice
it is armour against the weather,
and you can protect against the storms,
rise up light as a feather

Alison Pothier

*Remember
Reflect
Reconnect*

A Magical Home for

Inspiration

Intuitive Healing

At Inside Out Retreats, our guided healing sessions help you to shed your burden ... to free yourself to your dreams and aspirations.

Intuitively guided, our energy healing sessions promote alignment and emotional freedom. Each session is relaxing while building awareness, freeing stuck emotions and reconciling cellular memories that can otherwise impede energy pathways. Aligning energy, emotion, spiritual beliefs and mental frameworks, these sessions are powerful in manifesting new outcomes and freeing forward momentum.



Aspiration

Transformational Coaching

Whether executive coaching for your career or personal coaching for self-actualization, our coaching sessions help you to explore your wings ... what clips them and how to set them free.

Intuitively guided, style promotes self-empowerment through self-awareness. Each session explores what you already know, what you didn't know you knew and what else you might need to know to free your flight. A precise and insightful conversation combining traditional dialogue with guided visualization, we help you recognize and reconcile conscious and subconscious beliefs, emotional patterns and triggers to create a path to new outcomes.



Transformation

Our Workshops

A workout for the inner you, our training aims to renew your sense of personal identity and empowerment. Our transformational programs strengthen **self-confidence, emotional awareness, self-expression, aspiration and alignment to purpose.** All courses promote the freedom to be, believe in and confidently express the authentic you – the person you once knew you to be – and the “me” that existed before anyone or anything influenced you to be, believe, think, feel, or aspire otherwise.

Courses are offered to individuals and organisations through 1-1 coaching, onsite group workshops, or offsite retreats.



Re - Connection

Our Retreats

Taking time away from the office, home or routine is an opportunity ... to step out, step up, step forward and step into you. Whether you are seeking time alone to regroup, recover and rediscover, or time away with others to connect, create and collaborate, a retreat is an opportunity to come to gather ... your thoughts, senses and energy.

We offer private and group retreats.



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Programs develop:

- Intuitive Awareness
- Emotional Congruence
- Energy Alignment
- Spiritual Development
- Creative Expression
- Aspiration, Identity, & Actualization
- Meditation & Relaxation Techniques
- Fulfillment & Purpose



Telling a New Story

An Inside Out Production

At Inside Out Retreats, we believe in the power of storytelling to help us to heal the stories that we tell.



IBULIEVE

Do you believe in you? *IBULIEVE* is an Inside Out Retreats production dedicated to stories about people who know what it means to “BU” ... BE (and believe in) YOU. A docu-series dedicated to sharing inspirational stories about the beliefs and philosophies that have framed the lives of inspiring characters living together in community.

Legacy Stories

At Inside Out Retreats, we believe not only in healing your story, but also inspiring others with it.

Whether professional or personal, for product, posterity or legacy, we can film, edit and visually produce your own inspiring story.

Online Training

Through visual story-telling and visual training, we aim to share our skills and knowledge with people around the world. You may not be able to attend our sessions, workshops or retreats in person, but through our visual and online programs you can still benefit from our shared wisdom. Namasté.

*"To change the world I see,
I start by reconciling it in me."*

- Alison Pothier

Inside Out Retreats was founded through the vision of Alison Pothier to support all those on a journey back to one's authentic self.

Inside Out Retreats supports people as they begin to remember who they are, reflect on their deepest aspirations and reconnect with their true and original identity to deliver into the world the visions they hold for their life and legacy.



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