

A hand holding a golden key against a blue sky with a sunburst effect. The key is held between the thumb and index finger, with the head of the key pointing towards the bottom left and the bit pointing towards the top right. The sunburst effect is centered behind the key, with rays of light extending outwards. The background is a clear blue sky.

RECONNECT WITH YOUR HIGHER SELF

"FROM EXHAUSTED AND DISCONNECTED... TO
DEEPLY RESTED, JOYFUL, AND ALIGNED.

IT'S EASIER THAN YOU
THINK

A SACRED PAUSE

GUIDED PRACTICES

LOSISHAYAS.COM

A SACRED PAUSE FOR THE SOUL

Do you feel overwhelmed... mentally, emotionally, or spiritually?

You are not alone. In today's fast-paced world, many of us are constantly connected, yet feel deeply disconnected.

Our mind races, our body suffers from stress, and our heart yearns for peace.



🌟 **THIS IS YOUR INVITATION TO COME
HOME, TO YOURSELF.**

**“IMAGINE 5 DAYS
WHERE YOU CAN
LET YOURSELF GO...
COMPLETELY.”**

**YOU WILL BE GUIDED THROUGH
PRACTICES TO:**

🧘 **CALM YOUR NERVOUS SYSTEM
AND YOUR MIND**


❤️ **RECONNECT WITH YOUR
INTUITION**

🧘 **AWAKEN PEACE AND JOY**

☀️ **ENJOY NATURE AND SILENCE**

🙏 **LEARN 4 ASCENSION
MEDITATION TECHNIQUES (PRAISE,
GRATITUDE, LOVE, AND
COMPASSION)**

**“THIS ISN'T JUST A RETREAT... IT'S A
MEMORY.”**

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- At the end of these 5 days, you will be able to:
- ✓ Feel deeply rested: mind, body, and spirit
 - ✓ Reconnect with your heart and your purpose
 - ✓ Have tools to live life with joy
 - ✓ Receive the support of a community that nourishes your soul
 - ✓ Feel in tune with your true self

ADDITIONAL GIFT FOR SUBSCRIBERS:

**YOU'LL RECEIVE A FREE GUIDED MEDITATION AUDIO AND REFLECTION PROMPTS
WHEN YOU SIGN UP TO RECEIVE NOTIFICATIONS ABOUT OUR UPCOMING RETREAT.**

... **"Are you ready to ascend to a lighter, more
joyful version of yourself?"**



**Or comment “5 days” on our social media to be
the first to know + get exclusive benefits.**



**More information on our
website**

www.LosIshayas.com



YouTube



Facebook



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