

ALIVE. Ibiza



KEY SPEAKERS

Our key speakers are experts in their field and will take you on a deep dive into their area of expertise, helping you to level up and grow.



Lydia Kimmerling

FIND OUT WHAT YOUR HAPPINESS BLOCK IS

Have you ever been stuck in that cycle of wanting to change your life and not knowing why you're not? Watching yourself do exactly the thing that's making you unhappy and having no understanding of why you're not taking the action you want to take? There are six Happiness blocks which secretly sabotage your happiness and success and each one is related to a fear. Join Lydia Kimmerling to find out what your happiness block is and how to use it to make your life better.



Charlotte Lodgey

THE AWE AFFECT

Awe experiences psychologists describe as self transcendent. They shift our attention away from ourselves, make us feel like we are part of something greater, change our perception of time and ground us in the present. Come on a journey of awe seeking discovery with Charlotte as she explores ways to find more moments of mystery in every day life.



Kim Pearson

THE USE OF PSYCHEDELICS FOR WEIGHT LOSS

Kim Pearson is a renowned weight loss nutritionist whose tips are regularly featured in the press and the news. Recently she has turned her research towards the use of psilocybin (magic mushrooms) to aid weight loss. In this talk she will share the interesting impact micro dosing has not just on our mood but on our health in general.



Victor De Bruin

HEALING WITH DMT: A LIFE CHANGING MEDICINE

Víctor de Bruin has dedicated the past decade of his life to working with one of the most powerful compounds on earth: the psychedelic 5-MeO-DMT from the Sonoran desert toad Bufo Alvarius. His most powerful lesson for his clients? - That whilst high doses of this medicine can take you to the outermost reaches of the Universe, small doses combined with breath work can unlock an even greater, inner Universe of cellular and ancestral memories.



Clare Chambers

FIND YOUR STYLE, FIND YOURSELF

Clare helps female founders power up their personal brand using personal style. Learn how you can use your style to power up your presence and performance, not just in business but in life too. Clare has been styling women for nearly 20 years and after a successful career working for magazines, she moved online to create her business Miss-Dress. She now has a monthly membership that helps women all over their world, find themselves through their style.

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WORKSHOPS

These are 45 minute interactive explorations that include a creative or practical exercise which make it experiential and fun.



Angharad Owen

NEXT LEVEL BREATHWORK WITH THE BREATHWORK QUEEN

Angharad guides people into 'non ordinary' states. Join her for a next level power breathwork session where you are in for the surprise of your life. It's an emotional clear out, a mind and soul fire-up and a creative spirit awakener in one experience. The breathing allows you to silence your inner critic and give your overworked brain the break that it needs so you can get to the core of what you really need to be focusing on to transform into your next level power.

A JAR FOR YOUR 'AH HA!' MOMENTS

Over the course of the weekend we will be asking you to make a note of all of your 'Ah Ha!' moments. Insights are what lead to new awareness and awareness is the key to change. During this workshop we will discuss the importance of insight and integration, whilst you also create a jar for all of your insights over the weekend, and to come. Giving you something to take home with you to help you remember what you want to transform for yourself.



Lydia Kummerling

MONEY ENERGETICS

Your feelings around money are affecting your financial situation. We unknowingly project so much onto money which is what creates our relationship to it. If you want to make more money, or have more financial freedom, or be able to be more generous, or to just feel happier about money, then this workshop is for you. Lydia will take you on a deep dive into your own relationship to money, helping you to see how your own energy is blocking abundance and what you need to do to unlock your wealth mindset.



Charlotte Lodey

MAKE YOUR OWN SMUDGE STICK

Using local herbs and materials, Charlotte will guide you through making your own smudge stick. Smudge sticks are bundles of herbs bound together by twine. Burning these herbs in order to prevent illness, ward off negative energy, or cleanse a space, person or group, is a tradition that goes back thousands of years. Native Americans used sage and sweetgrass in ceremonies. You'll be able to take the scents of Ibiza's countryside back home with you.

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HAPPINESS EXPLORATIONS

These are 20 minute bursts of mind provoking concepts and ideas that will feed your personal development addiction.



Katie Herridge

ALL THAT GLITTERS IS NOT GOLD

Life can sometimes hand us a load of poop to deal with right? But what if we could take life's crappier moments and end up feeling grateful for all that life has thrown at us? In this interactive talk, we are going. Since being told that she had a 50:50 chance of still being alive, Katie now uses her own life experience to help other cancer survivors rediscover their sparkle.



Sally Wright

#SELFIEACCEPTANCE

Following a 20 year career as an Accountant, Sally aka Sally Dreams, traded her calculator for a camera to start her own personal brand photography business. It opened her eyes to the power – and challenges - of accepting yourself just the way you are. Sally now coaches others, through photography and 1:1 coaching, to embrace their perfectly imperfect selves and live without limits. Taking a selfie and then look at it, reveals a lot about your own self acceptance - are you up for the challenge?



Lisa Luxford

PAIN TO PEACE: WHY THE 12 STEPS AREN'T JUST FOR AA

Do you sometimes feel like you're fighting a mental battle....and losing!? Does your mind chatter away with constant negative narrative? Your mind is your best friend, but it can also be your worst enemy. Learn about the saboteurs that live in your head and how you can weaken them to go about life with greater ease and flow.



Alice Matthews

SUPER CHARGE YOUR ALCHEMIST WITHIN

We all have a magic wand sitting there in our back pocket, waiting for us to find it, charge it up and use it. We can create incredible lives when we know how. Alice will connect you to your Chi, your life force energy, the true power behind manifestation. Through visualisation, energy harnessing techniques and sound, vibration meditation Alice will help you to charge up that wand and get you on the path of master manifester.



Haydan Firth

BECOME A LIFE LEADER

Great leaders aren't just for the workplace. Have you ever considered what kind of leader you are in your own life? When life feels out of control we need to know how to lead ourselves back on track. Stop the blame game and learn to lead your life as Haydan explores high performance through leadership in your own life.

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MAGICAL MOMENTS

We want to feed your soul with fun and play. Some of our magical moments are weaved into the schedule and some are optional, left for you to choose.

GROUNDING RITUAL

Upon arrival we will have a number of morning ritual practices for you to choose from, to help you slip into your personal and spiritual growth space. Think tarot cards, aromatherapy oils and journaling.

SUNRISE SWIM

If you already know the benefits of regular sea swimming then you won't need persuading, but if you've been hearing about Wim Hoff and are tempted, now's your chance. The sea won't be that cold in October but it will wake you up. Join Haydan our Happiness Explorer partner and wild swimming enthusiast for this early morning dip in front of the hotel.

GUIDED MEDITATION

If you are one of the millions of people who have an overactive mind then meditation could be the key to unlocking your happiness. During this guided meditation you will: Slip yourself into a calm and relaxed state, listen to Lydia as she gently guides you towards answers, visualise a happier future where you create more success. Everyone has a busy mind, that is the job of the mind, to be busy doing things for us but here's the wonderful news... you are not your mind and it's only when you forget this that the mind takes control leading you to believe that you can not change it.

SUNRISE BEACH YOGA

If making sure your body is nice and limber before a day of being seated, we invited you a gentle yoga session on the beach. Connect your body to your breath and your breath to the waves. Feel your toes in the sand and settle into your weekend away.

MUSIC AND DRINKS

On Saturday after the final talk you are invited to a meet and greet at the hotel in The Secret Garden where you can meet the speakers and you the fellow attendees. The bar will be open for you to purchase drinks and there will be music to enjoy the sunset to.