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“CHANGE YOURSELF - CHANGE THE WORLD”

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*“Let him who would move the world, first move himself.”*

*Socrates*

As the result of numerous obligations and the fast pace of living, we often feel tired, powerless, unmotivated and distanced from our true self, from nature and other people.

We often wish that outside circumstances would be different, that something or someone from the outside would change or disappear from our life and stop causing the problems. And we usually postpone our hearts desires and goals to sometime in the future when we'll have time, more money, a different job or...

The truth is, we already have all the power we need to decide, choose and create a positive change we desire in our life and the world around us.

Idyllic seaside environment and the combination of quality time for yourself, meeting like-minded and like-hearted people, coaching and aromatherapy provide a wonderful, safe and empowering opportunity for you to re-connect with yourself and nature, to revitalize, and get inspired and empowered to make your renewed vision and goals a reality.

**reconnect  
revitalize  
refocus  
reinvent self  
& co-create  
a better world**

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“Change Yourself - Change the World #bepowerfulandfree”  
Workshop

*by Tanja Bogataj, Life, Leadership, Transformational Coach,  
#bepowerfulandfree Owner and Leader*

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Our inner power can be our amazing tool. It can empower us to be leaders in our life and to actively live it. Through 3 parts of #bepowerfulandfree workshop we'll raise the awareness about our potentials, our thinking and functioning patterns and behaviors, reframe and refocus our vision and goals, and through a set of effective tools use our power to make a change we desire in our life and environment around us.

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“Natural Solutions & Emotional Well-being” workshops with  
essential oils

*by Eva Jelnikar Mrak, dōTERRA wellness advocate,  
ecologist and life researcher*

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Nature is our home, our power, our source and inspiration. It's part of us and we are part of it. Using essential oils, volatile derivatives of different plants from all over the world, we can truly appreciate the magnitude of gifts that mother nature offers us. Through various lectures and practical workshops, we will look at how we can use these natural solutions to support our health and emotional wellbeing and mood changes.

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**Vrbnik, island Krk - 30.5. do 2.6.2019**

*4-day retreat - 3 nights in vila Verbana apartments with half-board.*

*price: 750 € / 50 € discount for couples*

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## PROGRAM

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### Thursday / May 30, 2019

- 13:30 - 15:00 Arrival and accommodation in apartments  
15:30 - 18:30 Organized walking tour in Vrbnik & first aroma-touch  
19:00 - 20:30 Group dinner (by agreement)  
21:00 - 22:30 #bepowerfulandfree re-connect and stories of inspiration
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### Friday / May 31, 2019 - official start of the program

- 8:30 - 9:00 Group meditation  
9:00 - 13:00 Workshop Change Yourself - Change the World (Tanja)  
#1 part - **Power of YOU**  
#2 part - **Power of WE**  
13:00 - 15:00 Free time (lunch)  
15:00 - 16:30 Natural Solutions - introduction to essential oils (Eva)  
16:30 - 18:30 #bepowerfulandfree meditation, visualization, action plan (Tanja)  
19:00 - 20:30 Dinner at Zlatko's place (Bakin dvor Galery)  
20:30 - 23:00 Storytelling by the fire (outdoors)
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### Saturday / June 1, 2019

- 8:30 - 9:00 Group meditation  
9:00 - 11:00 Emotional aromatherapy - the power of essential oils (Eva)  
11:00 - 13:00 Workshop Change Yourself - Change the World (Tanja)  
#3 part - **Power of ONE: One/We/World**, roles, responsibility, gifts  
13:00 - 15:30 Free time (lunch)  
15:30 - 18:30 Practical workshop using essential oils (by Eva)  
19:00 - 20:30 Dinner at Zlatko's place (Bakin dvor) Galery  
20:30 - 23:00 Story evening by the fire (outdoors)
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### Sunday / June 2, 2019

- 8:30 - 9:00 Welcoming the day (Tanja)  
9:15 - 13:00 Aroma- jewelry creative workshop - something to take home (Eva)  
13:00 - 13:45 Integration and Embrace (Tanja & Eva & participants)  
weekend retreat experience and follow up  
16:00 #bepowerfulandfree Farewell and departures.
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