

OneLifeMapp



Wellness Retreat

Your Journey Starts Here
1st-7th May 2021
Mallorca, Spain

Welcome to OneLifeMapp Wellness Retreat

Welcome to OneLifeMapp Wellness Retreats, I'm Gillian McMichael - Transformational Coach, Wellness & Self-Development Specialist and the founder and creator of OneLifeMapp.

A number of years ago, while working in Human Resources Learning & Development, I lost my connection with who I really was. I lost my purpose and began a personal journey of self-discovery to reconnect with my true self.

I've always had a passion for helping others develop and grow, and it quickly became apparent that my purpose was to help others find their purpose. Since then my passion has led me to work within my own potential, becoming a globally recognised Master Coach with the ICF, a Reiki Healer and a Chopra Centre Meditation Teacher.

Working with clients all over the world, I have supported people in connecting with their true selves and helped them embrace their life's purpose, living in the present.

To quote ancient philosopher Lao Tzu; "a journey of a thousand miles begins with one step" – I am delighted you have taken your first step with this programme and know if you participate fully, you will find your true purpose, reconnect with your passions and live your life in your greatest potential.

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Introduction

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With life getting busier and busier, everyday demands can take their toll and it can be easy to become lost and feel disconnected. You can get wrapped up in what other people need from you, so you take on roles, and get caught up in emotional drama, whether it belongs to you or not. All of this can create tension, anxiety and you can become overwhelmed. This is why we have created the OneLifeMapp Wellness Retreat.

Set in the Tramuntana Mountains in the heart of Mallorca, our retreat is like no other. We have created a nurturing and truly experiential life enrichment programme where you'll reconnect, rediscover and reaffirm who you are and what you want. You will begin to create a life in which all things are within reach.

Orientation

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Upon arrival you will have a personal orientation session where you can choose a number of additional self-development sessions to support your personal growth. These include reiki healing, chakra clearing, and your own unique OneLifeMapp discovery session.

You will be provided with a OneLifeMapp welcome pack that will support your personal development journey during the retreat and beyond. You will also receive your individual primordial sound mantra that is unique to the place, time and date of your birth, along with a journal, so you can reflect upon your learning as you progress through the programme

Daily Meditation

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We will teach you the ancient Vedic traditional approach to mediation, known as primordial sound. You will be introduced to your unique primordial sound manta based upon the time, place and date of your birth through a beautiful individual mantra giving ritual. You will be taught how to pronounce your mantra and how to use it when meditating.

Each morning and evening you will join our group meditation sessions, where you will be guided through a 30-minute meditation session. You will be taught how to quieten your mind and free yourself from any anxiety you might be carrying within you.

As the week progresses you will start to see the benefits of regular meditation practice. You will release any accumulated tensions, stress, fatigue, and everything that prevents you from experiencing your essential nature - your true self. Throughout these meaningful meditations you will restore the memory of who you are.

Daily Yoga

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Vinyasa flow synchronises movement with breath and is the perfect way to welcome in the morning and close off each day. Our classes are designed for all levels of practitioners, so beginners need-not worry as you will be introduced to the fundamentals of yoga, focussing on alignment and pranayama Vinyasa links the physical body to the breath. The breath guides the practice and in turn, initiates every physical movement of the body. These teachings may sound simple however what is happening within the mind and body during this time, is complex and highly beneficial.

When we focus on our breath, we allow ourselves to connect to the present moment. We explore the importance of enjoying present sensation and we let go of the unchangeable past. You will learn to move safely and each day you have the opportunity to ease into any tensions you have within your body. Your daily yoga classes will commence with setting an intention for your practice and will conclude with showing gratitude to yourself and others, and of course, a well-deserved Savasna.

Your Learning Journey

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Over the week you will be introduced to a series of lessons that you will learn to master. Group workshops will take place in the morning and late afternoon and will be experiential in nature. You will be guided through each lesson and will be required to reflect and put into practice what you have learned. These sessions will be interactive, thought-provoking and also lots of fun. Our learning together will cover:

1. Understanding who you are and how you can be true to yourself
2. Knowing your perceptions versus reality and any self-limiting beliefs holding you back
3. Reconnecting with your passions and unlocking your unique gifts and talents
4. Developing your relationship with self-care and personal well-being
5. Discovering your purpose and how to live it

Completion

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As part of your completion of the OneLifeMapp Wellness retreat you will be invited to prepare your affirmation. This closing ritual is an important step to sealing your intention for the future. It is here where we work with the law of attraction and the power of intention. This final group session will be both significant and meaningful for us all.

As you prepare to leave the retreat you will have the option to continue to work with a OneLifeMapp Transformational Coach, who can support you and the integration of your purpose, goals and aspirations.

Your Guides & Teachers



Jessica McKenzie
Yoga Teacher

I'm Jessica, and it's my pleasure to be your appointed Yoga teacher for the OneLifeMapp Wellness Retreat. Movement has been my passion ever since I was little, and I've always had fun while doing it! So, although my yoga classes may challenge you, you'll definitely enjoy the experience. Through my teachings I aim to create a safe space for you to explore and open your mind and body. I believe that Yoga is the cure for almost all pain, whether that be physical or mental. I promise by the end of each class you will leave feeling lighter and one step closer to where you wish to be.



Ross McMichael
Operations

I'm Ross and I'll be responsible for making sure you have everything you need during your time at the retreat. With a background in Project Management I'm focussed on providing a comfortable and relaxed environment for you to truly connect with the experience.

Your Guides & Teachers

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Gillian McMichael

Wellness Teacher & Coach

I'm Gillian, Master Coach and Wellness Teacher, I have a belief in human potential and I'm passionate about helping people connect with themselves in a purposeful and meaningful way. I ask thought-provoking and intuitive questions that increase self-awareness and understanding. I create a trusting space, where exploration of key learnings can be explored fully without judgement. I'm passionate about working with the whole person to support personal development and growth.

I promise by the end of the week, you will leave the retreat feeling refreshed, re-energised and have gained the clarity you need to achieve the life you are meant to lead.

We are looking forward to supporting you on this amazing life development programme

Gillian & The OneLifeMapp Team.

Let your journey begin

For more information and the opportunity to find out more, please contact Gillian McMichael on: gillian@gillianmcmichael.com or +44 7717 205455

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