



RISE

The Learn To Love You Retreat



20–22 NOVEMBER 2026

•OPONONI, NORTHLAND

3 DAYS • 2 NIGHTS • DEVOTED TO 8 WOMEN ONLY

PAUSE. BREATHE. RECONNECT

*Step away. Be held.
Rise into the next version of you.*



WELCOME TO RISE

COME HOME TO YOURSELF



A NOTE FROM NIKITA

RISE was created from everything I have learned about what it truly means to come home to yourself.

This retreat is your invitation to step away from the responsibilities, the housework, the relationships, the noise, the expectations and the constant doing and allow yourself to simply be.

Give yourself permission to be held in a three-day Sacred Soul Reset Retreat designed for connection, reflection, nervous system regulation, rest and expansion.

On departure you will feel more connected to yourself, with greater clarity, a deeper understanding of your nervous system and practical tools you can carry into your everyday life.

Because when you come home to yourself, it ripples into everything, your relationships, your communication, your boundaries and the way you move through your life.

There is nothing you need to prove here, nothing you need to perform.

Just come exactly as you are.

Nikita xx

This is your invitation to reconnect with the woman you've always been.



YOUR RISE RETREAT EXPERIENCE

THREE DAYS TO PAUSE, BREATHE & RECONNECT

Bask in three beautiful days intentionally designed to take you away from the noise of everyday life and bring you back to the woman underneath it all. This is your space to slow down, reconnect with yourself and create room for the clarity that can be hard to find when you are constantly doing, giving and carrying. Because when you come home to yourself, things begin to shift.

You trust yourself more deeply.

You become clearer on what you want and need.

Your boundaries become stronger.

Your communication becomes more intentional.

Your relationships have space to deepen.

You create from alignment rather than exhaustion.

You make decisions from sovereignty rather than expectation.

And you begin to see what becomes possible when you stop abandoning yourself to meet the needs of everything around you.

This is your space to reconnect with who you are and RISE into what comes next.

You arrive exactly as you are.

We lovingly welcome you home to yourself. 💜





YOUR RETREAT JOURNEY

A BEAUTIFUL RHYTHM OF CONNECTION, REST & EXPANSION

🌸 DAY ONE

ARRIVE & EXHALE

Arrive, settle in and allow yourself to exhale.

This is your time to leave the outside world behind, connect with the beautiful women sharing this experience with you and gently arrive in the space.

There is nowhere else you need to be.

🌸 DAY TWO

CONNECT & EXPAND

A beautiful day of connection, exploration and coming home to yourself.

You'll be gently supported to slow down, turn inward and discover what becomes possible when you reconnect with yourself.

A day to explore, connect, expand and simply be with plenty of time to rest, breathe and enjoy your surroundings.

🌸 DAY THREE

INTEGRATE & RISE

Our final day is about bringing everything together.

A gentle space to reflect, honour what has shifted and integrate what you want to carry forward. Because when you come home to yourself, it ripples into everything, your relationships, communication, boundaries, creativity and the choices you make.

You arrive as you are.

You leave more deeply connected to yourself. 💜





WHAT'S INCLUDED

YOUR ALL-INCLUSIVE RISE EXPERIENCE

From the moment you arrive, everything has been thoughtfully taken care of so you can simply settle in, exhale and receive.

Your Retreat includes

- ♡ The full Learn to Love You Retreat experience
- ♡ 3 days & 2 nights beautiful accommodation
- ♡ All nourishing meals throughout your stay
- ♡ Guided transformational group experiences
- ♡ Dedicated time and space to relax, unwind & reconnect with yourself
- ♡ Access to the spa overlooking the waterfront
- ♡ Beautiful sound journey

Rest deeply. Everything is taken care of. ♡



All you need to bring is yourself. ✨



YOUR INVESTMENT

CHOOSE THE SPACE THAT FEELS RIGHT FOR YOU

🌸 **PRIVATE ROOM**
\$999

Your own private queen/double bedroom for the retreat.

🌸 **SHARED SINGLE**
\$850 PER PERSON

Your own single bed in the shared bunk room.

\$299 non-refundable deposit

Balance due by 12 October 2026
Payment plans available upon request.

DEVOTED TO JUST 8 WOMEN

READY TO RISE?

Book your complimentary discovery call and let's
explore whether RISE is the right retreat for you.

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Come home to yourself. ❤️