

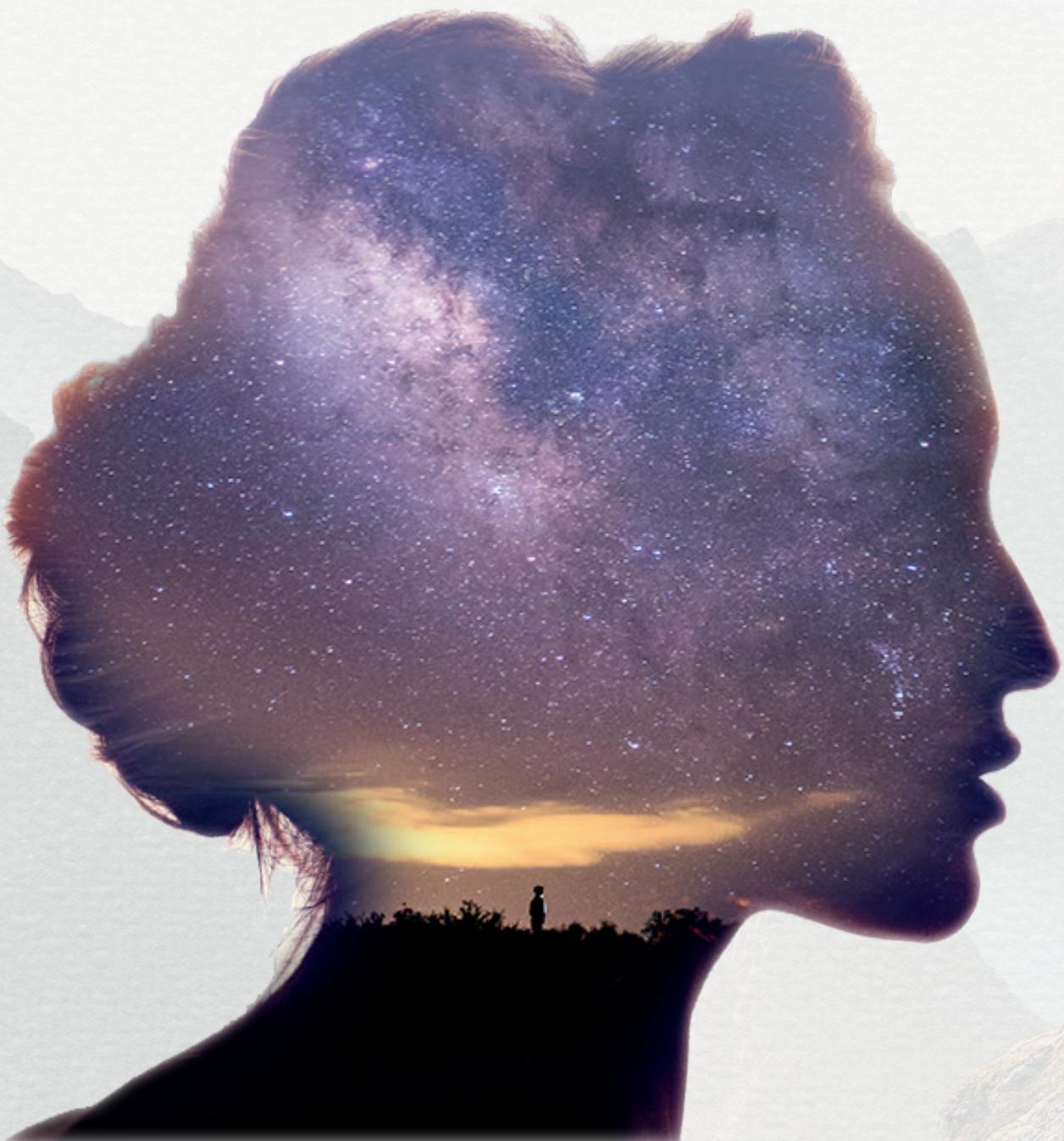
URBAN ONLINE RETREAT



The Golden Space
TRANSFORMATION | MEDITATION | HEALING

ENERGY MASTERY

SAT-SUN, 22-23 AUG 2020



The most beautiful journey is the one into yourself.

INTRODUCTION ON ENERGY MASTERY AND BENEFITS



The Urban Online Retreat invites you to journey within, into your inner sanctum and immerse yourself over a weekend of learning, meditation, practice and coaching. Breathe, relax, and release the bonds of the past to create an inspiring and beautiful new future.

ABOUT ENERGY MASTERY RETREAT

Disengage from the hectic world in a weekend meditation immersion retreat. Done in the comfort of your own home, breathe, relax and deepen your understanding of energy and its impact on your daily life.

Refresh your senses and rejuvenate your body with practical tools that you can immediately practice. Start your journey to experience deep inner peace, focus and clarity in all areas of your life. Join us today, and be inspired in this two-day immersion with Sky Kho, Lucy Chan & Yoshimi Janus.

WHAT YOU WILL LEARN

- Increase awareness of the impact of energy in your life
- Refresh your senses & Rejuvenate your body
- Achieve Consistent Peak Performance
- Experience peaceful focus and clarity in all areas of your life

DAY 1 RETREAT

JOURNEY WITHIN

22 AUG 2020

SESSION 1:

ENERGY 101

- The 3 keys of energy flow to master their energy
- Learn about the Law of Energy and its' impact on our day to day life
- Experience the power of creation in your mental, emotional & physical body

SESSION 2:

REALIGNMENT OF SELF

- Discover our fractured self VS full self, and dive deep into your subconscious mind
- Realign to your full self and tune into your inner voice
- Tools to maintain your energy levels with ease and not force

SESSION 3:

GETTING TO THE CORE OF YOUR HEART

- Go deeper into your understanding of how your emotions affects your success
- Return to your inner child and resolve childhood hurts
- Understand Heart-Based Living and the power of compassion in life & work



DAY 2 RETREAT

DIVING DEEP

23 AUG 2020

SESSION 4:

INFINITE FLOW OF ENERGY

- Create your life consciously by tapping into your infinite flow of energy
- Spark the infinite energy within your body, mind, and heart
- Learning how to tap into the power within and around you to manifest an abundant life

SESSION 5:

ALIGNING WITH THE MAGNETIC FREQUENCY OF EARTH

- Deepen your connection with earth
- Experience the living consciousness of our motherland
- Recalibrate your being and attain an empowered state

SESSION 6:

BE THE UNIVERSE

- Open up your horizon to experience a different spectrum of life
- Experience the source of creation
- Connect to the source of power and regain your confidence to succeed

MEET THE INSTRUCTORS



SKY KHO

*Master of Inner Peace
Certified Meditation Instructor*

Sky Kho is one of the Lead Practitioners of The Golden Space®, specialising in meditation facilitation and healing emotions to attain true inner peace. He is the founder of BodyMindSoul® magazine with the vision to be the good news portal that inspires peace, love and happiness to all mankind. In 2019, he co-founded BodyMindSoul Festival®, aspiring to raise global consciousness of mankind and promote the wholeness of well-being. Awaken ~ The Divine You™ played a critical role in his freedom from relationship and financial crises, leading to a path of self-realisation. His higher calling is to bring spiritual enlightenment and peace to all. Sky has dedicated his life to balance individuals to attain inner peace in all aspects of life, freeing them from repeating patterns and negative emotions. Up to date, Sky has coached more than 10,000 individuals and facilitated more than 2,000 meditation workshops in a multitude of settings.



LUCY CHAN MCFADYEN

*Empowerment Coach
Certified Coach &
Meditation Instructor*

Lucy Chan MCFadyen, is the Head Practitioner of The Golden Space® Malaysia, Managing Director of The Golden Space Global Institute and an active Empowerment Coach. Despite her successful career in finance, Lucy suffered from depression and was suicidal. Embarking on a journey of self-healing & discovery, she completed Awaken The Divine You Programs with Master Umesh H. Nandwani. Now a Certified Meditation Instructor, Head Practitioner and an Accredited CBT Coach, Lucy merges common-sense with heart-sense. Her coaching and workshops are down-to-earth and helps others to create an inner sanctuary so they can claim their magnificent inner power. She has already empowered over two thousand participants with her engaging heart-flow. Lucy is passionate in sharing the true essence of inner power to all. She believes that each of us are powerful beings, and that power is not a dirty word. Everyone possesses the power that is bursting to pour itself into the world in its full expression of joy. Having been mentored professionally across the world, Lucy's wide range of multi-cultural understanding bridges spirituality to everyone.



YOSHIMI JANUS

*Certified Meditation Instructor
Life Balance Practitioner &
Clinical Hypnotherapist*

Yoshimi Janus is a writer, certified meditation instructor, certified clinical hypnotherapist and human/animal healing Practitioner. She is a founding Director of The Golden Space Dubai. As a mother of three children, Yoshimi went through the common motherhood issues that many women have. As the social norm goes, there is a long list of how a good mother and wife should behave. After much struggle to fit in, she lost sight of her own identity. Feeling unloved and unaccepted of herself, she started her spiritual journey, which later led her to embark on a life transformational program, "Awaken ~ The Divine You". Since childhood, she has been keen to connect with nature and animals as being brought up in a beautiful countryside of Japan. Her passion for nature makes her a unique individual who can deeply connect with elements and all living things with deep unconditional love. Now, through her meditation and hypnotherapy practice, she helps people restore harmony and balance within to resolve inner and outer conflict.

WHY JOIN US?

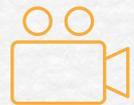
The Golden Space is a global purpose-driven holistic health & wellness organization, with a mission to transform lives. We provide non-religious and universal personal growth and self-discovery programs for individuals and businesses in multi-languages all across the globe. We believe that the best teachers are the ones who are the most authentic. Our instructors and speakers are internationally certified and share their real-life experiences and tried & tested techniques that have transformed the lives of their clients.



6 Live sessions with 3 experts to immerse yourself in the topics



3 experts downloadable audio recording for after retreat maintenance



Recordings of all live sessions available for 6 months



30 Reflection worksheet for a deeper immersion



Follow Up 1 hour VIP Circle with all 3 experts



Certification of Completion

NORMAL PRICE
SGD 799

EARLY BIRD PRICE
SGD 599
(Paid by 17 Aug 2020)

Q&A

WHAT KIND OF MEDITATION IS THIS?

Our meditation techniques are non-religious and universal.

I CAN'T JOIN A COUPLE OF THE SESSIONS IN THE LIVE EVENT

We invite you to join our full event on both days for full impact. In the event you are unable to attend one or two sessions, recordings are available for viewing post retreat.

WHAT DO I NEED TO PREPARE?

If it is possible, choose a quiet area that is free of distractions. We highly encourage you to prepare a serene space, even if it is just closing a door and turning off your mobile phones. Wear loose, comfortable clothing that are not restrictive.

Ensure you have a comfortable pillow to sit on during the meditation sessions, and some do find it helpful to burn incenses or place flowers in their sacred spaces.

As our events are run on Zoom, kindly keep your background neutral. Should you wish to use a virtual background, kindly choose one that is simple and clear so as not to distract the other participants.

I AM A BEGINNER IN THE MEDITATION PRACTICE. CAN I STILL JOIN?

Yes you are welcome to join us. The retreats are guided and simple, suitable for beginners who are just starting the practice and for advanced students who may wish to deepen their experience.

WHAT SHOULD I EXPECT?

Renewed senses, and a rejuvenated body, mind and soul. Learning new tools that you can practice right away, on how to manage and boost your energy levels every day.

 www.thegoldenspace.com/urbanretreat

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