



Return to Yourself™

Complete 12-Week Transformation Programme

Feel like yourself again.

A private, personalised 12-week transformation journey for women in perimenopause and menopause who feel exhausted, overwhelmed, anxious, and disconnected from themselves.

You may feel like something has changed within you. Perhaps you no longer have the same energy, confidence, motivation, or sense of clarity you once had. You may be taking care of everyone else while feeling increasingly disconnected from your own needs.

Through **The Libélula Method™**, a holistic 4-body approach working with your physical, emotional, mental, and energetic wellbeing, we explore and transform the deeper patterns that may be keeping you stuck in stress, exhaustion, and emotional imbalance.

This is not about simply managing symptoms.

It is about reconnecting with yourself at a deeper level, restoring balance, rebuilding trust in yourself, and creating the foundations to move forward feeling calmer, clearer, more energised, and more like yourself again.

The Libélula Method™: Your Transformation Journey

During this 12-week journey, we work across four interconnected areas:

Physical Body

Reconnect with your body and support your wellbeing through:

- Understanding your body's signals and learning to listen to its needs
- Personalised nutrition and lifestyle guidance to support your wellbeing
- Gentle movement, stretching, and body awareness practices
- Fascia release and body connection exercises
- Daily practices to support your energy, vitality, and overall wellbeing

Emotional Body

Release emotional patterns and reconnect with your inner balance through:

- RTT® transformational sessions and subconscious reprogramming
- Understanding and releasing emotional patterns that no longer serve you
- Nervous system regulation practices to support calm and emotional resilience
- Tools to process emotions, reduce overwhelm, and reconnect with yourself

Mental Body

Create more clarity and self-trust through:

- Identifying limiting beliefs and old conditioning
- Transforming repetitive thought patterns
- Developing new perspectives and empowering beliefs
- Values and purpose exploration

Energetic Body

Reconnect with your inner energy and sense of alignment through:

- Meditation practices
- Breathwork
- Mind-body connection
- Awareness practices to support presence and balance

Your 12-Week Transformation Includes

3 RTT® Transformational Sessions

(Approximately 2 hours each)

Deep subconscious work designed to identify and transform the beliefs, emotional patterns, and past conditioning that may be influencing how you feel today.

Following each RTT® session, you receive:

- ✓ Personalised subconscious reprogramming audio
 - ✓ Integration exercises
 - ✓ Reflection practices to support lasting change
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6 Private Integration Coaching Sessions

(90 minutes each)

These sessions help you integrate your transformation into everyday life.

Together we explore:

- ✓ Emotional regulation
 - ✓ New habits and supportive routines
 - ✓ Self-confidence and self-trust
 - ✓ Nervous system regulation
 - ✓ Personal growth and identity transformation
 - ✓ Your values, purpose, and vision for this next chapter
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Ongoing Personal Support Throughout the Programme

You will receive:

- ✓ WhatsApp support between sessions
 - ✓ Email support
 - ✓ Personalised guidance and reflection exercises
 - ✓ Meditation and breathwork resources
 - ✓ Nervous system regulation practices
 - ✓ Somatic tools for emotional wellbeing
 - ✓ Personalised wellbeing recommendations
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What You Can Experience Through This Process

By the end of Return to Yourself™, you may experience:

- ✓ Feeling calmer and more emotionally balanced
 - ✓ Greater understanding of yourself and your needs
 - ✓ Reduced emotional overwhelm and stress
 - ✓ More confidence and trust in yourself
 - ✓ Improved connection with your body
 - ✓ More energy and motivation
 - ✓ Greater clarity about what you want moving forward
 - ✓ A healthier relationship with yourself
 - ✓ Practical tools to support your emotional wellbeing long-term
 - ✓ A renewed sense of hope and excitement for this next chapter of life
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This Programme Is For You If...

- ✓ You feel physically and emotionally exhausted and no longer feel like yourself.
 - ✓ You are experiencing anxiety, stress, overthinking, or emotional overwhelm.
 - ✓ You are navigating perimenopause or menopause and feel disconnected from your body, emotions, or identity.
 - ✓ You have lost energy, confidence, motivation, or enjoyment in things you used to love.
 - ✓ You have spent years caring for others and are ready to reconnect with yourself.
 - ✓ You have tried different approaches but still feel something deeper needs attention.
 - ✓ You want to understand yourself on a deeper level instead of only managing the surface symptoms.
 - ✓ You are ready to create meaningful change and step into this next chapter with greater awareness, balance, and confidence.
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Imagine Feeling Like Yourself Again

Imagine waking up feeling more connected to yourself.

Imagine having the tools to understand your emotions instead of feeling controlled by them.

Imagine moving through this stage of life with more calm, confidence, energy, and clarity.

You are not becoming someone new.

You are reconnecting with the person you have always been underneath the stress, exhaustion, and patterns that no longer serve you.

Through Return to Yourself™, you will create a deeper connection with yourself and develop the tools to navigate this chapter with greater balance, authenticity, and wellbeing.

Additional Support Included

Complimentary access to the **Detox & Rejuvenation Online Programme**

Ready to Begin Your Journey Back to Yourself?

The first step is a complimentary **30-minute Clarity Call**.

Together, we will explore:

- What you are currently experiencing
- What may be keeping you feeling stuck
- Whether this programme is the right support for your journey

Book your Clarity Call and take the first step towards feeling like yourself again.

Disclaimer: The information provided in this programme is for educational and informational purposes only and is not intended as a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.