PROGRAMME GUIDE · LIBÉLULA THERAPY

Return to Yourself™

A 12-week private transformation for women in perimenopause and menopause

You are not broken, and you do not need to become someone new. Return to Yourself™ is a deep, personalised journey to understand what is draining you, release what is holding you back, and feel like yourself again.

12 weeks
One deep, personalised journey

10 sessions
Intake, 3 RTT® and 6 integration

3 audios
Personalised to you

Support
By WhatsApp and email throughout

SOUND FAMILIAR?

Does this sound like you?

If you are reading this, perhaps a part of you already knows that something needs to change.

> *"Where did the old me go?"*

> *"Why don't I feel like myself anymore?"*

> *"What do I really want for this next chapter of my life?"*

You may recognise yourself here:

- You are exhausted from managing everything and everyone, and quietly feel disconnected from yourself.
- You feel anxious, stressed, emotionally overwhelmed or caught in constant overthinking.
- You have lost confidence, energy or motivation, and you miss feeling joyful and purposeful.
- You feel disconnected from your body, or as if you have lost touch with who you are.
- You have spent years putting everyone else first, and you are ready to listen to your own needs.
- You have tried to cope and keep going, but sense that something deeper needs attention.
- You want to understand yourself on a deeper level and move into your next chapter with more awareness, balance and confidence.

This is not about fixing yourself. You are not broken.

It is about creating a safe and supportive space to explore what is happening beneath the surface, to transform the patterns that no longer serve you, and to reconnect with the woman you truly are.

You do not need to become someone new. You are returning to yourself.

If you recognised yourself in even a few of these lines,
this programme was created for you.

WHY NOW

Why this stage of life can feel so hard

Perimenopause and menopause bring real changes in the body, including hormonal fluctuations that can influence mood, sleep, energy, stress response and emotional regulation. At the same time, many women are moving through important life transitions: changing relationships, children becoming more independent, career questions, caring responsibilities and shifting priorities.

Add years of accumulated stress, emotional experiences and learned coping patterns, and challenges you have managed for a long time begin to feel louder. What once helped you cope may no longer feel sustainable.

Often this stage brings awareness of deeper patterns that have been there for years:

The beliefs
you developed

The expectations
you carried

The emotions
you learned to suppress

Putting everyone else
before yourself

> *This is not a sign that something is wrong with you. It can be an invitation to listen more deeply, to stop simply managing and begin reconnecting with yourself.*

These symptoms are real. But what if they are only the visible part of the story?

The symptom is only the trigger. What keeps it going lies underneath.

OUR APPROACH

What makes this holistic therapeutic process different

Rapid Transformational Therapy (RTT®), created by Marisa Peer, combines hypnotherapy, cognitive techniques, psychology, NLP and neuroscience. We work at the **subconscious level**, where our deepest beliefs and emotional patterns are stored. These beliefs shape how we feel, think and behave, often without us realising it. In a session of deep relaxation, we uncover the **root cause** of what is holding you back, often linked to early experiences. Once you understand it, you can release it.

But the mind is not enough on its own. You cannot think your way into feeling better: your body shows the symptoms before you realise it. A body that is constantly on alert cannot heal. That is why I also use **somatic healing**, and why **regulating your nervous system** is part of the whole journey, together with integration into your daily life.

Over 12 weeks, your three RTT® sessions let us go deeper one layer at a time, at a pace that feels safe. Each one builds on the last, and each is followed by a personalised audio and integration sessions, so the change is not only understood, it is felt in your body, your emotions and your everyday life.

> *"Your mind is the most powerful tool we all have. When you learn to use it in your favour, it becomes your best ally, your best friend and your biggest cheerleader. I will teach you how."*
>
> Ana Alves Sequeira

What my clients tell me

After the programme, my clients release the block that kept them stuck. They feel lighter, with more energy and calm, and more confident in themselves. They set boundaries, put themselves first, and live with more joy and meaning.

WHAT CHANGES

The transformation

From crossroads to breakthrough.

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.

From a crossroads

Feeling exhausted, disconnected and overwhelmed.

Stuck in patterns that no longer support you.

Feeling that you have lost yourself somewhere along the way.

Uncertain about who you are and what you want next.

To a breakthrough

Feeling like yourself again.

Calmer, more emotionally balanced, confident and connected.

A clear, purposeful vision for your next chapter.

A deeper understanding of yourself, and tools to support your wellbeing long term.

By the end of this journey, you may:

CALM

Feel calm again

Feel calmer and more emotionally balanced, with less overwhelm and stress.

INSIGHT

Understand yourself

Understand yourself and your needs, and the patterns that were keeping you stuck.

CONFIDENCE

Trust yourself

Feel more confident and trust yourself, with a healthier relationship with yourself.

ENERGY

Feel like you again

Feel a stronger connection with your body, with more energy and motivation.

VISION

See your next chapter

Gain clarity about what you want moving forward: a clear, purposeful vision for your next chapter.

LASTING CHANGE

Make it last

Take practical tools to support your emotional wellbeing long term, and a renewed sense of hope and excitement.

THE METHOD

The Libélula 4-Body Method™

True transformation happens when we support the whole person. Over 12 weeks, we work across four connected areas:

PHYSICAL BODY

Body & nervous system

Reconnect with your body and learn to listen to its needs.

- Understanding your body's signals
- Nutrition and lifestyle guidance
- Gentle movement and stretching
- Fascia release and body connection
- Daily practices for balance and vitality

MENTAL BODY

Mind & beliefs

Create clarity, confidence and self-trust.

- Subconscious beliefs and old conditioning
- Repetitive thought patterns
- New, empowering perspectives
- Exploring your values and purpose
- Designing your vision for your next chapter

EMOTIONAL BODY

Emotions & stress

Release emotional patterns and reconnect with inner balance.

- RTT® and subconscious reprogramming
- Emotional processing
- Nervous system regulation
- Tools to reduce overwhelm
- Building emotional resilience

ENERGETIC BODY

Energy & presence

Reconnect with your inner energy and alignment.

- Meditation practices
- Conscious breathwork
- Mind-body connection
- Presence and awareness practices
- Creating more balance and connection

Your 12-week journey

PHASE 1

Awareness & understanding

You begin by understanding yourself at a deeper level.

- What is keeping you stuck
- Emotional patterns and beliefs
- Your relationship with yourself and your body
- Your nervous system responses

PHASE 2

Transformation & integration

You begin creating meaningful change.

- Subconscious transformation
- Emotional regulation
- Confidence and self-trust
- New supportive habits
- Releasing patterns that no longer serve you

PHASE 3

Alignment & your next chapter

You reconnect with what truly matters.

- Your values and purpose
- Your vision
- Your identity moving forward
- How to keep supporting yourself beyond the programme

YOUR PROGRAMME

What is included

A private, personalised programme, adapted to your needs, your goals and what you want to work on.

I
Initial consultation

AT THE START

We define your goals and look at where you are and where you want to go. Together, we map what we will work on over the 3 months.

3
Deep RTT® sessions

ABOUT 2 HOURS · ONE A MONTH

We work at the subconscious level to find the root cause of what is holding you back: limiting beliefs, emotional patterns and past conditioning.

6
Integration sessions

90 MINUTES · TWO A MONTH

Coaching to bring the change into everyday life: emotional and nervous system regulation, new habits and supportive routines, self-confidence and self-trust, personal growth and identity, and your values, purpose and vision.

Each month includes one RTT® session and two integration and follow-up sessions, with exercises adjusted to your needs. If it would help, we can add an extra session to review your goals and adjust your plan.

3 PERSONALISED AUDIOS

Your personalised audio recordings

After each RTT® session, I create an audio recording for you, shaped by what we explored together and the changes you want to make. You'll listen to it daily for at least 21 days. This repetition helps reinforce the new beliefs and responses you began developing in the session, so they have a chance to feel more familiar in everyday life. The RTT® session frees you, and the audio recording helps make the change last.

SUPPORT

Support throughout your journey

You are not doing this alone. Between sessions, you receive:

- WhatsApp and email support
- Reflection, journaling exercises and worksheets
- Meditation and conscious breathing practices
- Somatic tools and nervous system regulation practices
- Movement practices
- Nutrition and lifestyle guidance tailored to you
- Personalised wellbeing recommendations
- Exercises tailored to your needs and goals

BONUS INCLUDED

Detox & Rejuvenation Online Programme

Complimentary access when the next edition becomes available (English edition from November). This 5-week group programme continues to support your physical wellbeing with:

- Nourishing habits
- Body awareness
- Rejuvenation practices
- Sustainable wellbeing routines
- Support for your body during times of change

YOUR PATH

Choosing your path

START SMALLER · 4 WEEKS

Reconnect with Yourself™ is a focused, personalised journey: an initial consultation, 1 RTT® session, 2 integration sessions, your personalised audio, and WhatsApp and email support.

THIS GUIDE · 12 WEEKS

Return to Yourself™ is my signature programme: an initial consultation, 3 RTT® sessions, 6 integration coaching sessions, 3 personalised audios, ongoing support and the Detox & Rejuvenation programme included.

We will decide together which path fits you best.

Imagine waking up more like yourself: with energy, calm in your own body, and trusting yourself again. Setting boundaries without guilt, putting yourself first, and stepping into your next chapter with clarity, confidence and joy.

YOUR NEXT STEP

Ready to begin your journey back to yourself?

The first step is a **free 30-minute Clarity Session**. Together, we will explore what you are currently experiencing, what may be keeping you stuck, what you truly want for this next chapter, and whether Return to Yourself™ or Reconnect with Yourself™ is the right support for you.

You do not have to keep feeling disconnected from yourself. Your next chapter can begin here.

Book your free Clarity Session

GOOD TO KNOW

Where do the sessions take place?
Online via Google Meet, so you can work with me from anywhere in the world, in English or Spanish.

Do I need to know what I want to work on?
Not exactly. In your Clarity Session we identify what matters most to you right now, and we shape your journey around it.

Do I need any experience of hypnosis or therapy?
No. I guide every step, and you stay aware and in control throughout.

Will I have support between sessions?
Yes. You have WhatsApp and email support throughout the programme, plus practices and audios to work with in your daily life.

Is this a substitute for medical care?
No. This programme is complementary and does not replace medical, psychological or psychiatric care.

IN THEIR WORDS

Client experiences

> *"It was truly a magical journey of self-discovery and healing."*
>
> ANANDA · 58 · SPAIN

> *"I feel completely transformed: with more self-esteem, more motivation."*
>
> YOLANDA · 44 · SPAIN

> *"I learn so much in every session, and I feel immense gratitude."*
>
> CONSUELO · 50+ · MADRID, SPAIN

Translated from Spanish. Read more on my website and on Google.

Meet your therapist

I am **Ana Alves Sequeira**, founder of Libélula Therapy.

Transformational therapist & coach

My own experience of moving through exhaustion and disconnection shapes the compassionate, personalised way I support women. I believe change begins when we listen to our bodies and emotions, and work at a pace that feels right for us.

- Certified RTT® Therapist (Marisa Peer)
- Hypnotherapist
- Somatic Healing Coach
- NLP Practitioner
- Fast Track Life Coaching (ICF)
- Breathwork Facilitator
- IACT member no. 15126

Web www.libelulatherapy.com

Ireland +353 863903392

Email libelula@libelulatherapy.com

Spain +34 667592827

Free resources for you

Choose the one that speaks to you on my website:

Free workshop
"Return to Yourself in Menopause"

Reflection notebook
"The Woman You Miss"

Newsletter
Content on perimenopause and menopause

Return to Yourself™ supports personal growth and emotional wellbeing. It is not a substitute for medical, psychological or psychiatric care, nor for diagnosis or treatment. Results vary from person to person and with engagement in the process.