



PROGRAMME GUIDE · LIBÉLULA THERAPY

Reconnect with Yourself™

A 4-week private transformation for women in perimenopause and menopause

Imagine finally letting go of what has been holding you back, and living with more energy, calm and confidence. With RTT® and The Libélula 4-Body Method™, we go to the cause of what you are feeling, not just the symptom: we work at the subconscious level on the beliefs and emotions keeping you stuck, so you can feel like yourself again.

4 weeks

One focused, personalised journey

4 sessions

Initial consultation, RTT® and 2 integration sessions

1 audio

Personalised subconscious reprogramming

Support

By WhatsApp and email throughout

This programme is for you if...

- ◆ You no longer recognise yourself, and something feels different inside you.
- ◆ You feel exhausted, anxious, stressed or caught in constant overthinking.
- ◆ You feel disconnected from your body, your emotions or the person you used to be.
- ◆ You have lost energy, motivation, confidence or joy in your daily life.
- ◆ You have tried different approaches, but still feel that something deeper needs attention.
- ◆ You want to understand what is really behind how you feel, not only manage the symptoms.
- ◆ You are ready to stop repeating old patterns, put yourself first and build a kinder relationship with yourself.

“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

Why now, and why this kind of therapy?

You may have spent months or years pushing through exhaustion, searching for answers or applying temporary solutions. Lasting change does not come from addressing only what is visible on the surface. It begins by understanding and transforming what is happening underneath. This programme is for women who are ready to stop simply coping and start reconnecting with themselves.

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.

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. The change is not only understood, it is felt in your body, your emotions and your everyday life.

The Libélula 4-Body Method™

Lasting change happens when every part of you is supported. Your journey brings together four connected areas:

PHYSICAL BODY

Body & nervous system

Sleep, energy, nourishment, gentle movement and nervous system regulation, so you can listen to what your body needs.

MENTAL BODY

Mind & beliefs

We work with subconscious beliefs and learned thought patterns that shape how you see yourself and respond to life. Using RTT® and personalised integration audios, we support new ways of thinking, feeling and responding.

EMOTIONAL BODY

Emotions & stress

Understanding emotional patterns, releasing stored emotions and building emotional regulation.

ENERGETIC BODY

Energy & presence

Meditation, mindfulness, conscious breathing and visualisation for inner alignment and a deeper sense of balance.

WHAT CHANGES

The transformation

By the end of the four weeks, you can expect to have:

- ✓ A deeper understanding of the emotional and subconscious patterns shaping your experience.
- ✓ Released the emotional blocks and beliefs that were keeping you stuck.
- ✓ More calm, emotional balance and clarity.
- ✓ Practical tools to regulate your nervous system and support your wellbeing.
- ✓ More confidence, self-trust and connection between your mind, emotions and body.
- ✓ A clearer sense of your next steps and what you truly need.

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.

How the four weeks flow

Week 1

Intake consultation: we look at where you are and where you want to go, and lay the foundation for your RTT® session.

Week 2

Deep RTT® session: we find the root cause and release it. Afterwards, I create your personalised audio recording.

Week 3

Integration: exercises tailored to your needs and goals, such as meditation, breathwork, somatic healing, nutrition and movement.

Week 4

Integration and next steps: we consolidate what you have learned and plan how to continue.

Sessions are held online via Google Meet, in English or Spanish. The exact schedule is agreed with you.

What is included

A private, personalised programme over 4 weeks, adapted to your needs, your goals and the challenge you choose to work on.

I

Initial consultation

SESSION 1

We look at where you are and where you want to go. We lay the foundations and gather what I need to prepare your RTT® session.

2

Deep RTT® session

ABOUT 2 HOURS

We work at the subconscious level to find the root cause of what is happening to you: the limiting beliefs and what is holding you back.

3 & 4

Integration sessions

90 MINUTES EACH

Somatic exercises, conscious breathing, meditation and suggestions on nutrition and movement, according to what you need.

PERSONALISED AUDIO

Your personalised audio recording

After your 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 throughout the programme

- ✓ WhatsApp and email support between sessions
- ✓ Personalised reflection and self-discovery exercises
- ✓ Conscious breathing techniques
- ✓ Guided meditations and visualisations
- ✓ Somatic exercises to support emotional release
- ✓ Nutrition, movement and lifestyle guidance tailored to you
- ✓ Extra resources for your personal journey

Imagine waking up with energy, feeling calm in your own body, and trusting yourself again. Setting boundaries without guilt, putting yourself first, and living a life that feels like yours: with more joy, meaning and self-love.

YOUR PATH

Choosing your path

THIS GUIDE · 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.

WANT TO GO DEEPER? · 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 Holistic Detox included.

We will decide together which path fits you best.

Your next step

Book a **free 30-minute Clarity Session**. We will talk about what you are experiencing, what may be keeping you stuck, and whether Reconnect with Yourself™ or Return to Yourself™ is the right path for you. There is no pressure and no obligation.

[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.

Do I need to know what I want to work on?

Not exactly. In your Clarity Session we identify the challenge that matters most to you right now.

Do I need any experience of hypnosis or therapy?

No. I guide every step, and you stay aware and in control throughout.

What if I would like to continue afterwards?

Many women choose to continue with Return to Yourself™. We will talk about it together when the time comes.

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

"It was the first time in a long while that I truly enjoyed a drive."

GRACIELA · ARGENTINA

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



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Free resources for you

Choose the one that speaks to you on [my website](#) (in Spanish):

Free workshop

"Vuelve a ser tú en la menopausia"

Reflection notebook

"La mujer que echas de menos"

Newsletter

Content on perimenopause and menopause

Reconnect with 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.