

# Unleash Your Goddess Within – 7 Day Transformational Retreat (All Inclusive Women Retreat)

**A Transformational Journey to your Goddess Path,  
Self-Mastery, Confidence, Radiance & Empowerment!**


**Costa Da Caparica, Portugal**  
**September 28 – October 4, 2025**  
[info@mysoulempowerment.com](mailto:info@mysoulempowerment.com)



+33659150035



# Transformational Journey to your Goddess Path



**Rewrite your story** & become a Goddess

**Energy Healing**  
(Chakra Reading, Activation & Balancing)

**Personalized styling –**  
Embrace the Unique YOU

**Explore a heritage town -**  
Fuel inspiration and motivation

**Hiking on a breathtaking trail**  
to connect with your inner self & nature

**Surf & Embrace**  
your Masculine Energy

**Therapeutic massage to**  
release stress and body tension

**Detox with**  
healthy  
vegan/vegetarian meals

**Explore Lisbon**  
with new friends



# Pre – Retreat 1:1 Online Consultation

## Energy Center Assessment (Chakra Reading)



**Overview of the state of your energy centers (chakra)**



**Discover which Chakras are blocked, unbalanced & activated**



**Understand the Root causes of your energy blocks & emotional wounds**



**Identifying energy healing focus areas**



**Understand the Mindset shift necessary to unleash your Goddess within**

***Chakra reading will be scheduled 1 week before the retreat. Calendar link will be shared to book the chakra reading***



A wide-angle photograph of a beach at sunset. The sky is filled with vibrant orange and yellow clouds, transitioning into a deep blue at the top. The sun is low on the horizon, casting a warm glow over the scene. In the foreground, the wet sand of the beach reflects the colors of the sky. A small, dark rocky outcrop extends into the ocean in the middle ground, with several small silhouetted figures standing on it. Another figure is visible standing in the shallow water near the shore. The overall atmosphere is peaceful and scenic.

## Day 1 : Arrival - Welcome Session

- 16:00 Welcome session and get to know each other
- 18:00 Sunset Walk by the beach
- 20:00 Dinner at the Villa



# Day 2: Unleash the Goddess Within – Rewrite Your Story

## Morning Schedule



**Meditation then  
Breakfast**



**Retreat Briefing**



**Goal & Intention  
Setting**



**Crash Course –  
Personal Styling**

## Lunch Break



- 1:1 Energy Healing (Chakra Activation & Balancing)
- 1:1 Personal Styling with an Italian Personal Stylist
- 1:1 Therapy Massage to release stress and body/muscle tension

*Depending on the Energy Healing, past-life regression can also be conducted*  
*Workshop Session at the Villa*



# Day 3: Surf & Embrace Your Masculine Energy – Next-level Lessons from the ocean

## Morning Schedule - Surfing



## Afternoon Schedule



- 1:1 Energy Healing (Chakra Activation & Balancing)
- 1:1 Personal Styling with an Italian Personal Stylist
- 1:1 Therapy Massage to release stress and body/muscle tension

*Depending on the Energy Healing, past-life regression can also be conducted*

*Surf Spot: Costa da Caparica*

*\*The Surf spot is beginner-friendly including people who don't know how to swim. For Intermediate, a different class will be provided.*



# Day 4: Connect with Your Inner Self - Hiking on a breathtaking trail

## Morning Schedule



The power of silence



Connect with yourself & nature



Clear the mind



Let go of worries & chatters



Feel the healing power of nature



Be present in the moment

## Afternoon Schedule



- 1:1 Energy Healing (Chakra Activation & Balancing)
- 1:1 Personal Styling with an Italian Personal Stylist
- 1:1 Therapy Massage to release stress and body/muscle tension

*Depending on the Energy Healing, past-life regression can also be conducted*

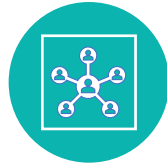
*Hiking Trail: Fonte de Telha*



# Day 5: Ignite inspiration and fuel creativity - Explore a World Heritage Site



**Disconnect & Explore**



**Discover culture, heritage & nature**



**Relax & Unwind**



**Fuel inspiration**



**Learn the lessons from the old you**



**Embrace the new you**

*Town: Tomar, Portugal*





# Day 6: The Empowered New You + Explore Lisbon & Farewell Dinner

## Morning Schedule



**Group Reflective Session**



**The art of storytelling:  
The Goddess You**



**The growth  
mindset**

## Afternoon Schedule



**Explore Lisbon**



**Farewell Dinner in Lisbon**

## Day 7: Departure

- Morning Meditation
- Breakfast
- Free Time
- Check-out at 12:00PM





## Location: Costa da Caparica (~30 Minutes from Lisbon Airport)

- 13-km stretch of white sand beach
- Mountain backdrop
- Dunes and promenade
- Small village - 20 minutes away from Lisbon
- Beach front restaurants beach bars along the dunes





# Accommodation: Big Villa with Swimming Pool

- Cozy & spacious villa with 6 Bedrooms & 3 bathrooms
- Heated Swimming Pool
- ~5 minutes walk to the beach
- Garden, Terrace & Outdoor dining
- Big Living Room
- Free bike available for use
- Centralized Wifi







# Retreat Details

## Date:

**September 28 – October 4, 2025**

Maximum 7 participants

## Price:

Private Room – 1679 €

Twin Bed – 1379 €

## Included in the price:

- 6-Night Accommodation in a Big Villa with Pool
- All Meals – Healthy vegan, vegetarian Breakfast, Lunch, Snacks, Dinner (except restaurant meals)
- 3 Excursions (Lisbon, Tomar, Fonte de Telha)
- 1:1 Energy Healing + Empowerment Coaching
- 1:1 Personal Styling with an Italian Personal Stylist
- 1h 30 minutes Therapy Massage by a Reiki Practitioner
- Surfing (Lesson, Gear)
- 1:1 Chakra reading
- Daily Guided Meditation
- Notebook & Pen
- 1h 30 minutes Post – Retreat Group Coaching

**Reservation:** 500 €

**Remaining amount:** 25 days  
before arrival

**Cancellation Policy:** 25 days  
before retreat date – 100%  
refundable (less processing fees)  
After 25 days – Non-refundable  
but transferable

**Airport Transfer** is not included  
but can be arranged – 60€ one  
way (Location is easy access with  
Uber and cheaper ~20€)



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[www.mysoulempowerment.com](http://www.mysoulempowerment.com)



<https://www.linkedin.com/in/osmarie-pico/>

# Contact Details



# Client Reviews



## **Maggie UK**

### **"Magical location and memorable experiences"**

Osmarie is a very positive, energetic human being and her retreat was thoughtfully planned and well executed. The location of the retreat was magical - perfect for unwinding, reflecting, and practicing mindfulness. The reason for choosing this retreat was that it had a programme including a sport that I have not tried before – surfing; chakra reading - that I was always curious about, and meditation – a practice that I was striving to improve. The retreat delivered in all three: surfing was a great, fun experience that I'm now aspiring to master. Chakra reading was interesting in and of itself, as it was a novelty to me. The meditation practices gave me good tools for continuous improvement. The great treat was a trip to the northern part of Portugal to the small but notable town of Tomar. It was a greatly memorable retreat.

## **Maryna Boiko, Ukraine**

I decided to trust a retreat for the first time in my life because, over the past two years of therapy with psychologists, I struggled to connect with my inner child. As a creator, it was crucial for me to establish this connection in order to start creating something new and to take risks, but my internal blocks were holding me back, keeping me in a comfort zone that had developed over the last few years. I needed something more intense, something deep, to pull me out of this state and help me change my life patterns.

In some ways, the war and the conditions we are currently facing in Ukraine have been suppressing these creative impulses, making them feel unnecessary. It's as though you lose touch with yourself and the meaning behind your creativity.

Thanks to Osmarie, I had an incredible experience and finally made contact with myself. She has an amazing ability to deeply understand each participant and helps guide through my memories, traumas, and lost connections with myself without fear. The retreat she organized allowed me to engage in a meaningful inner dialogue, to work through and process my emotions, and to understand myself on a deeper level. It was a challenging process, both psychologically and physically, as diving so deeply into emotions can be very draining. But Osmarie's unique individual approach and support helped me navigate this difficult path.

I am very grateful to her for being not just a mentor, but also a friend, offering support at every step of this journey. This experience was incredibly valuable to me, and I sincerely hope we meet again in the future. I highly recommend Osmarie as a guide for anyone looking to better understand themselves and to navigate through the challenging but important stages of personal growth.

# The Organizer

**My Soul Empowerment** was founded by Osmarie Pico in 2022, driven by a deep passion for touching lives, inspiring souls, and guiding individuals toward self-discovery and empowerment.

**Our mission** is to help individuals break free from limitations, awaken their inner strength, and step into their most authentic, radiant selves through energy healing, self-exploration, and soul-aligned practices.

**We organize retreats in partnership with soul-aligned experts.**



## **Osmarie Pico, Founder of My Soul Empowerment, Retreat Organizer**

- Energy Healer
- Certified Life Transformation Coach
- Retreat Leader
- Author – Sea of Silver, Up Up on My Way Journey to The Top
- 17+ years of professional experience in Finance and Sales in Asia, the US and Europe
- MBA Degree from Edhec Business School France
- Certified Public Accountant



# Partner Provider – Francesca

*Style with Francesca* takes its roots in Italy, inspired by the excellence of Italian aesthetics, and was created to help individuals reconnect with themselves through personal style. More than just fashion, it's about transformation—aligning your outward image with your inner essence to foster confidence, authenticity, and the freedom to express yourself. Through a personalized approach, I guide you in reshaping how you see yourself, embracing self-expression, and stepping into your empowered identity.

Own your image, and tell your story—don't let others assume it for you. Color the world with your energy!



## **Francesca Nicolini, *Founder of Style with Francesca***

- Certified Image Consultant, Personal Stylist and Personal Shopper at the *Italian Image Institute*
- Specialties: Color Analysis, Body Shape Analysis, Facial Shape, Personal Styling, Wardrobe Detox, Personal Shopping, Dress For Success
- Painter, exhibiting in Art Mall Gallery in Milan Y2022-2023 and 2023-2024
- Proficient in Italian, Spanish, Portuguese, English, French German
- WeRoad Travel Coordinator & Travel Producer
- Economics / International Business CEMS MIM Graduate Class 2019



[www.stylewithfrancesca.com](http://www.stylewithfrancesca.com)



[stylewithfrancesca](https://www.instagram.com/stylewithfrancesca)

# Partner Provider – My Orgos Therapies

Founded by **Sandra Barreira**, a passionate Portuguese healer, My Orgos Therapies is more than just a store—it's a sanctuary for the soul. Rooted in the belief that true well-being comes from balance and connection, Sandra brings together her love for **energy healing, massage, and natural products** to create a space where mind, body, and spirit align.

Every item and service is infused with Sandra's deep knowledge and passion, ensuring that each experience nurtures, heals, and empowers. **Step into a world where nature and energy unite—your journey to inner harmony starts here.**



## **Sandra Barreira**, Founder My Orgos Therapies

- Certified professional massage therapist specialized in Assistant Technique for Rehabilitation and Physical Recovery (Physiotherapy).
- Reiki Master
- Other Massage Certifications: Draining & Anti-Cellulite, Vibrational Massage with Crystals, Pindas Swedanas, Myofascial Rehabilitation Techniques, Manual Lymphatic Drainage, Intensive Shiatsu Course, Intensive Foot Reflexology Course, Intensive Auriculotherapy Course, Intensive Candle Massage Course, Abhyanga and Ayurvedic Yoga Massage and Massage for Pregnant Women.



## MY ORGOS THERAPIES

A CURA ATRAVÉS DA ENERGIA



# Partner Provider – Via del Campo

Luca and Vittorio, two Italians with a passion for food and cuisine, are the founders of the Via del Campo project—an experience designed to bring people together through food and meaningful connections.

They are dedicated to providing the highest quality service by:

- Selecting only fresh, natural, and high-quality ingredients
- Balancing nutrients to support the activities in your program
- Avoiding unnecessary sugars while maintaining a delicious and satisfying menu

All of our dishes are vegetarian, with a vegan alternative always available. Special requests can be accommodated at an additional cost.

