

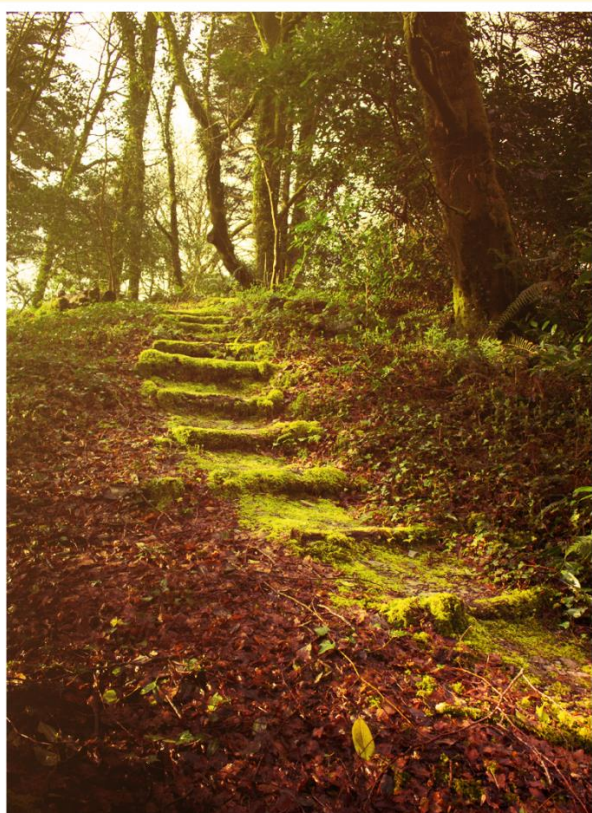


Evolution of the Soul

Advanced Spiritual Experience in West Cork, Ireland
5th - 12th November 2016

Are you ready for a spiritual transformation from the inside out?

Then join Michelle A. Hardwick for 'Evolution of the Soul' – an exclusive, residential, customized 8-day experience to assist you in ascending to the next level of your highest consciousness.



Beautiful walks in the Estate

Benefits of this Experience

This experience facilitates an opening of inner doors and a deepening of your spiritual connection. Take time to immerse yourself in your spiritual life, enjoy your inner space, and:

- Evolve on your Soul journey
- Expand your awareness and consciousness
- Activate dormant Soul gifts and abilities
- Reconnect to your Self, your authenticity and your inner-authority
- Remember who you truly are
- Support your ego in the final stages of its' integration
- Gain a sense of spiritual direction

Nurturing Location

Held in the Lake Lodge of the beautiful grounds of the Liss Ard Estate, West Cork, Ireland, this live-in experience offers a very personal and tailored transformation. From the moment you enter the Estate, you feel a sense of harmony and serenity envelop you.

Liss Ard Estate Facilities

- **A Victorian Country Manor** – enjoy your own ensuite room in the Lake Lodge or shared accommodation if you would prefer to reduce the cost. This Lodge is set in 150 acres of stunning woodland and exquisite gardens with breath-taking views over Lough Abisdealy

- **Relaxing spaces** — discover the many comfortable spaces to unwind, read, create or connect throughout the house and grounds



The Lake Lodge and Lough Abisdealy

- **Minimal Wifi and Phone coverage** — take time away from the outside world and reconnect to the natural rhythm of your body and life
- **Sky Garden** — be awed with this amazing frame of the Irish Sky in the 'celestial vault'

Your Experience Includes

This experience offers you space to tune into the voice of your body, your heart and Soul. As the 8-days unfold, enjoy many wonderful insights and gifts as you discover more of your Self. Expect lots of laughs, joyful tears and the beginning of lasting friendships with like-minded people from around the world- everything your soul could possibly wish for... Enjoy:

- **Dynamic, tailored Yoga Sessions** – maximize your experience with energizing 45-minute yoga sessions each morning. Get the benefits of body movement, flow, peace and relaxation
- **Time to Be** – have time with the group, stroll in the grounds or be alone with your Self
- **Your own room** – Sleep eight nights in the tasteful, beautifully designed zen-style rooms. Your stay will be in single, luxurious accommodation with your own large ensuite bathroom or shared accommodation if you would prefer
- **Intimate Group Process and Sharing** – the maximum group size is 8 participants. Based around your treatment times, you can join smaller groups in the morning/afternoon to share and process more intimately
- **Soul Gatherings** – experience healing meditations and transmissions of divinely guided information, tailored to assist you with whatever you need to ascend



View of Lough Abisdealy

- **Time to Integrate** – what you have learned. You'll have time to journal, read, reflect and relax
- **Universal & Non-Religious** – regardless of faith or non-faith, a safe, non-judgmental, respectful and welcoming group provides space for you to be you and express your true self
- **Have Fun** – as well as plenty of laughter and a few surprises!
- **Experience Nature** – merge with nature, watch breath-taking

sunrises and sunsets, walk through extensive woodlands and forests, sit with ancient stones or expand yourself into the clear starry skies in the Sky Garden at night. If that's too much effort – cozy-up in front of the large, warm, open fire!

- **Potent therapeutic Body Treatments** – a variety of treatments with experienced, qualified professionals are integrated into this experience to support your evolution
- **Nutritional Guidance and Support** – your nutritional requirements will be assessed by our Nutritional specialist for your optimal well-being
- **A Tailored Menu** – all the meals served are tailored to your nutritional needs and based on your digestive requirements
- **Healthful Vegetarian/Vegan Meals** – to best support you, a variety of raw, cooked, organic, tasty (filling) and nutritionally balanced vegetarian/vegan meals will be served for your overall health
- **Refreshments** – enjoy hot drinks, fruit and a variety of snacks throughout the day and evening. Sit and chat with other group members in/outside or absorb the peace and beauty of the estate
- **Home Practice** – Receive relevant information, recordings and exercises by email link when you return home, to further your inner journey and practice.



Tasty vegetarian & vegan meals tailored to your needs



Outline of a typical Day

Here is an outline of a typical day during the 8-day experience. Note: items may change depending on the flow of the week, and will be tailored to your needs as well as those of the group:

Time	Activity
07:00 – 8:00	Morning Yoga in the Library
08:00 – 9:00	*Breakfast in the Conservatory
09:00 – 13:00	Soul Gathering and Group Process in the Lounge – may include guided healing meditations, group sharing and discussion, soul connection hypnotherapy – whatever is needed to assist you in the evolution of your journey *Tea/coffee break at 11am
13:00 – 14:00	*Lunch served in the Dining Room
14:00 – 15:00	Integration time
15:00 – 16:00	Your Treatment There will be a variety of potent treatments scheduled throughout your retreat which could include – Facial Reflexology, Acupuncture, Kinesiology, Cranio-osteopathy
16:00 – 17:00	*Tea/coffee break at 4pm Journal and process the content of the soul gathering experience, space to be
18:00 – 19:00	Time in the Sky Garden Installation or explore the beauty of the Liss Ard grounds
19:00 – 20:00	*Dinner in the Dining Room
20:00 – 21:00	Free-time to yourself to: Cozy-up by the fire; socialize in the library, or luxuriate in a warm bath

** All meals, refreshments and snacks are vegetarian/vegan. They will include a variety of healthful, raw/cooked, organic, tasty (filling) balanced options tailored to your nutritional needs and your overall health.*

Michelle's Profile

Born in the UK, Michelle A. Hardwick is a highly qualified Hypnotherapist who began her practice in 1999, while living in New Zealand.

Her professional development continued with Dolores Cannon, renowned Hypnotherapist specializing in the recovery of "Lost Knowledge" and also Dr. Brian Weiss, ground-breaking Psychiatrist, New York Times best-selling

Author and authority in the field of Past Life Regression.



Michelle has gone on to develop 'Soul Connection Hypnotherapy' - her own style of Hypnotherapy which bridges the worlds of self; spirituality; body; mind and soul. 'Soul Connection Hypnotherapy' is designed to:

- Help heal the past and present
- Establish a connection or reconnect to your Soul (true authentic self) and
- Connect you via your soul to Source

Michelle is also an experienced, advanced Trainer & Practitioner of the Emotional Freedom Techniques (EFT), and is qualified in Neuro-Linguistic Programming (NLP). While in New Zealand, Michelle undertook 2 years of extensive spiritual studies with the Gaia Sacred Mystery School, and is an experienced channel, record-keeper and seer. She holds a Diploma in Spiritual Development as well.

As a newly published author, Michelle's own story features in Dr Brian and his daughter Amy Weiss's recently released book "Miracles Happen".

Michelle says, "I really love the beauty and tranquillity of West Cork – it is such a unique haven in a very special part of Ireland. I am deeply privileged and honoured to share the special space of the Estate, the Lake Lodge and the incredible Sky Garden. I look forward to spending time with so we can expand beyond measure."

Contact Michelle

If you would like to find out more, simply telephone me on: (+Ireland dialling code) 871492338 or (+UK dialling code) 7857369619.

Or reach to our **website** - <http://michellehardwick.com>

Connect via Facebook: facebook.com/ReleasePeace

LinkedIn: uk.linkedin.com/in/releasepeace

Twitter: twitter.com/mahardwick

Web: www.michellehardwick.com

Email: info@michellehardwick.com



Morning and afternoon tea available in the Conservatory

Book your place now!

Investment in Your Evolution

The cost includes your own single, (or shared), en-suite accommodation for 8 nights at the Liss Ard Estate Lake Lodge, all the treatments, morning yoga, time spent with Michelle A. Hardwick morning/evenings – as well as all meals, refreshments and snacks. The Liss Ard Estate has its' own supply of natural, certified well water which is always available and safe to drink.

Early Bird Discount

Non-refundable Deposit

To secure your place for this experience a non-refundable deposit fee of €400.00 is required. This is in addition to the early bird or standard fee as listed below. Payments made through our website via PayPal incur a 5% surcharge.

Early Bird Discount

A limited number of Early Bird Fees are available. Once they are gone, they are gone.

The Early Bird Discounted Fee is €3550.00 per person, single accommodation.

The Early Bird Discounted Fee is €2980.00 per person, shared accommodation.

Standard Fees

The Standard Fee is €4450.00 per person, per person, single accommodation.

The Standard Fee is €3880.00 per person, per person, shared accommodation.

This Fee Excludes

Please ensure your account for the following items, which are **not included** in the above fee:

- Transportation – flights to Ireland
- Transfer to & from the Lake Lodge from the airport/your home
- Cost to obtain a valid passport
- Non-refundable booking fee: €400 per person
- Travel, medical and cancellation insurance (obligatory)
- Your personal incidental expenditures e.g. laundry, telephone calls, alcoholic beverages, soft drinks, gratitude/tips or any item not specifically detailed in the final programme

Extend Your Stay

Spend some extra time after your experience and stay on! Feel even more relaxed, peaceful, energized and inspired as you devote a little more time to your Self. The additional cost/per night depending on your requirements ranges from €150 for room only or €200 for bed and breakfast.



Time spent with Michelle



Cosy-up in front of the open fire

Kind Feedback

"At the week-long retreat we got what we needed, all the time. I think the surroundings, food, meditations, as well as the other treatments were perfect. I uncovered where I was blocked and I see clearly what a huge impact that this has had on me. Now I can continue the work to release more and more of it. I'M SO GRATEFUL. You put so much work and love in each and every detail, Michelle. It was a wonderful week. Thank you so very much."

"Since the week-long retreat, I have a deeper knowledge what Release...Peace means and a better understanding of my soul journey; what to work with and how to continue. It was useful that the other participants shared their soul journey and very important. I felt great confidence in the group. Through the week I felt you managed that everybody felt included in the group."

"The group and meditations were so powerful, it was life changing. I knew my vibration shifted during one of the first meditations, and since coming back, my body is still adjusting. The hard work you put in for our seminar is well appreciated. Organizing a full week retreat for so many people is massive. The seminar did help so many -- including me -- and I'm so grateful."

"I am very glad and thankful that I could participate in the week-long retreat. I have knowledge about a missing piece that partly prevents me from getting connected with my soul. Listening to and exchanging experience with the other participants was a gift, and so was your group facilitation. For me you managed to be personal, but at the same time having integrity and an ability to master the group. You were a part of the group and that impressed me, and your humility as well."

"I'm feeling reborn and really have taken steps to keep my space so that I can meditate and think of all the answers we received during our week-long retreat together (in 2015). I'm feeling blessed to have received this kind of help and eager to continue my growth. You really have made a difference in my life, thank you."



Breakfast time at the Lake Lodge

"You won't be the same after this experience in Ireland.

It will be a magical time for us all!"

-Michelle A. Hardwick

How to get there

By car: The trip to the Estate takes about 2 hours by car from Cork (depending on traffic). From Cork airport, follow the N71 to West Cork and Skibbereen. At Skibbereen follow the one way system to the Regal Roundabout (with the LIDL Retail Shop) roundabout. Follow signs to Castletownsend, R596. The entrance for Liss Ard Country Estate is less than a 1 Kilometre on the right-hand-side. Please let us know in case you are travelling by car and willing to give another participant a ride.

By air: Fly into Cork (recommended). There are three airlines that fly to Cork – one airline is Aer Lingus and flies from Amsterdam and numerous UK airports (<http://www.aerlingus.com>), the second is Ryanair which flies from Liverpool, Gatwick, Luton or Stanstead (<http://www.ryanair.com>) and the third is CityJet flying from London City airport (<http://www.cityjet.com>). From the airport you'll either need to get a taxi or a bus.

By taxi: Approx. fee from Cork airport costs between €100-€150 each way. The Liss Ard Estate Reception recommends: Dolphin Cabs, Woodstock House, Skibbereen, Co. Cork Ph: (+353) 02823323. Please let us know in case if you are willing to give another participant a shared cab ride there/back.

By bus: *From Cork Bus Station in Cork City to Skibbereen.* The bus leaves roughly every two hours and costs €20 one way. First bus leaves at 9.30am. Last bus 7.45pm. *From Cork Airport -* The bus leaves roughly every two hours and costs €20 one way. (<http://www.buseireann.ie>) First bus leaves at 8.30am. Last bus leaves 7pm.



The Lake Lodge

Terms and Conditions

We understand that things 'come up' from time to time and so there could be a possibility you have to cancel. We appreciate your understanding regarding operation and overhead costs which are inevitably involved in

planning such an experience.

Cancellations will be handled as follows:

- If you cancel on or before 5:00 p.m. (GMT) 31st August 2016, we will issue a refund – minus both the non-refundable deposit of €400.00 and an administration fee of €200.00. Your final payment is also non-refundable – even if you decide to shorten your stay
- If you cancel after the designated time on 31st August 2016, no refund will be issued; however, we will send you any notes, recordings and/or materials from the experience. No refunds will be given for no-shows
- No refunds will be given for no-shows
- If you cannot attend and you have someone else who would like attend the experience in your place, we will gladly accommodate your request
- All cancellations and changes must be presented in writing via email as soon as is possible



Soul Gatherings in the Lake Lodge Lounge

- Payment in full and the signed acceptance of the cancellation policy is required before your place at the experience is confirmed
- We reserve the right to cancel or reschedule the experience provided that advanced notice in writing, is given to all registered participants. In the event of a cancellation or rescheduling, the limit of liability on Michelle A. Hardwick or Release...Peace will be the original fee. We accept no responsibility or liability for any other costs or fees incurred by participants including, but not limited to, expenses associated with pre-booked travel arrangements
- Please note that this 8-day experience is subject to change. If matters beyond our control require changes, every effort will be made to provide replacements of the same quality/content
- Please also note that the fees are subject to change or amendment without prior notice
- If you have questions or require further information, phone Michelle A. Hardwick on (+Ireland dialling code) 871492338 or (+UK dialling code) 7857369619. Alternatively email via our website - <http://michellehardwick.com/contact>

Evolution of the Soul...the Next Level in your Journey

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Web: www.michellehardwick.com

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for more details and to register your interest

