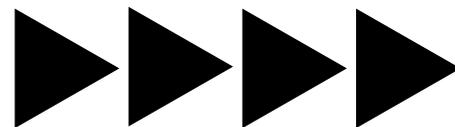




A GUIDE TO THE RETREAT

EVERYTHING YOU
NEED TO KNOW



LOVE OUT LOUD

KAITERITERI, NEW ZEALAND

ARE YOU READY?

Love Out Loud is facilitating the World's Largest Love Based Movement by the end of 2020 - to rewrite the predictions of mental health challenges becoming the leading health epidemic in human history. Did you know that? The biggest thing for a movement, is that it MOVES. The epic thing about having a mission that we're so connected and committed to is that it become's easy to recruit you! This movement will only move when people like YOU take the journey with us. So from the whole team, we thank you and honour you from our heart to yours.

**WE WANT YOU TO LIVE
A FUCK YES LIFE.**

**ONLY A CRAZY
PERSON
WOULD LOOK
AT THEIR SHIT
DEAD IN THE
EYE AND SAY,
"I CHOOSE TO
LOVE MYSELF,
FORGIVE
MYSELF, AND
MORE
IMPORTANTLY,
FACE
MYSELF."**

- Page 141, Chapter 7, Love Out Loud

LOVE OUT LOUDERS

GIVE
YOURSELF
FULL PERMISSION

WITH NICOLE GIBSON
CEO LOVE OUT LOUD

When you wake up every day, are you jumping out of bed screaming; "FUCK YEAH! Another day!" Are you so filled with gratitude and excitement that there seems to be that sheen on everything you look at, or that notion of everything you're touching turning to gold?

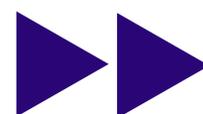
Maybe you haven't been told yet, so brace yourself. YOU ARE MAGIC. YOU ARE MADE OF LOVE. Pure, unconditional, unbreakable, infinity expansive... love. Yet, there's most likely (a common side effect of living in the world as we know it) some debris... standing in your way.

The Love Out Loud Lake Como retreat is the absolutely perfect opportunity for you to unplug, be completely looked after and ease into a powerful, inspiring environment of philosophical conversation and authentic Italian ambiance. Come and hang out with an intimate group of high performers and take your mission in the world, as well as your levels of self-love, compassion and relationships to a whole other level. Our models of engagement have been developed after a decade working with hundreds of thousands of people globally; anchored in the most fundamental human needs.

This retreat is going to be a deep dive into yourself; an unveiling. Permission to finally come 'undone', so you can get to the core of who it is you really are. The reason you're on this planet. The higher purpose that will provide you access to the life of your dreams. This sort of personal development isn't going to tell you who to be, what to do or what the seven steps to happiness are; it's going to hold up a mirror for you to truly look at yourself, and learn to love who it is you see. It's a lasting and sustainable transformation..

Love is not finding the perfection, it's the unconditional permission to explore the imperfection.

So let's get exploring!



WHAT YOUR TICKET GETS YOU



- Signed copy of Love Out Loud
- Use of the aqua centre; indoor and outdoor pool, spa, sauna and steam room
- A mixture of theory and embodiment sessions with complete guidance and support

**ENJOY 4 DAYS AND 3 NIGHTS
AT THE STUNNING BEAUTIFUL
KIMI ORA ECO RESORT**



- Discounted 9 week holistic transformation plan post retreat
- Comprehensive workbook including all course content





THE NEED- TO-KNOWS

DATES & ARRIVAL TIMES

The Retreat will begin on Thursday April 16th until Sunday 19th. You're welcome to arrive after 4pm on the Thursday to register and unpack – with the first session starting at 6pm that evening.

On Sunday – the closing session will finish at 4pm, although the rooms will need to be vacated in the morning.

LOCATION & TRANSPORT

Kimi Ora Eco Resort is located in Kaiteriteri at 99 Martin Farm Rd, Kaiteriteri, Tasman.

It's just a 50 minute drive northwest from Nelson airport. There will be a closed Facebook group for all Retreat Goers where you can link up for carpooling opportunities.

PAYMENT

a 50% deposit is asked upfront, followed by final payment made 31 January 2020.



VENUE

Kimi Ora Eco Resort is a sustainable eco-resort developed in 1984 as a place for people to nurture and strengthen their health through organic vegetarian food, exercise and relaxation, while maintaining minimal impact on the planet.



CATERING

We will be serving delicious local, vegetarian and gluten free food throughout the entirety of the retreat. If you have any dietary concerns please let us know.



FACILITIES

Situated near the Abel Tasman National Park, Kimi Ora Eco Resort offers a range of beautiful eco-friendly facilities.

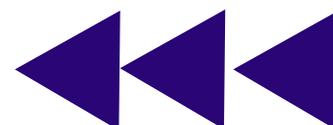
- Panoramic views of Kaiteriteri Beach and Estuary
- Yoga Room
- Day Spa
- Aquatic Centre
- 12 hectares of serene bush-clad land with a 15 station fitness trail
- Guest Library and Lounge



THIS IS NOT FOR YOU

- Those who aren't ready yet to let go into an experience and be free from what is holding them back
- People who don't want to build community and partner with others
- People who don't know how to have fun and let go
- People who are unwilling to do something different to achieve the life they dream of
- Those who may need specific or extra medical assistance (although this may be workable, please contact us to see if so)

YOU WERE MADE FOR THIS

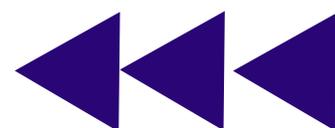


- Those who are ready to fully commit to a personal development journey
- People who struggle to "get out of their head" and into their heart
- Empaths who often find themselves fatigued or depleted because of the amount they give to others
- Those who are ready to take a stand against tall-poppy syndrome and step into their leadership
- Those who are ready to elevate their opportunities in life
- Those generally seeking more balance in their life
- Men who feel confined by cultures of masculinity
- People who have a deep sense that there is 'more to life'
- Those looking for more meaning, harmony, health and balance
- Those ready to embrace full responsibility for their life and create a life that is extraordinary



RETREAT OUTCOMES

- The ability to process fears and traumas
- Positive physical, mental and spiritual health
- Connection to a tribe
- Rituals, techniques and practice to implement as desired in your everyday life to improve overall well being
- Connection to the global Love Out Loud community
- The ability to freely and unapologetically Love Out Loud!
- Being the master of your emotions; self love, self assurance and self confidence
- Awareness of unconscious biases, judgement and prejudice holding you back from genuine, heart-centred connection
- Awareness of negative belief systems, ideologies and limited stories holding you back from realising your potential
- Developed, improved and refined communication skills





MODULES AND GUIDING QUESTIONS

MODULE 1

BELIEF:

What are you really searching for you.

MODULE 2

HONESTY:

What is it you truly want?

MODULE 3

ACCEPTANCE:

What terrifies you about letting go of who you think you are?

MODULE 4

DEATH:

What are you willing to die for?

MODULE 5

PURPOSE:

How does love rise up in you?

MODULE 6

CREATIVITY:

How will you birth your purpose into the world?

MODULE 7

ACKNOWLEDGEMENT:

How can you alchemise your pain into beauty?

MODULE 8

GRATITUDE:

How can love become your ultimate perspective?

MODULE 9

SERVICE:

What is your quest?

SEE YOU

AT THE

RESORT

Your experience starts today.
Connect with the Love Out Loud
community, join our journey, and stay up
to date with announcements and retreat
information.



APPLY NOW



“

GREAT
SPIRITS HAVE
ALWAYS
ENCOUNTERED
VIOLENT
OPPOSITION
FROM
MEDIocre
MINDS.

”

*Albert
Einstein*

