



INNER PEACE + POWER

A TRANSFORMATIVE AUTUMN RETREAT AND COACHING INTENSIVE
IN ST. IVES, CORNWALL

WEEK ONE 27.11. - 4.12.21 WEEK TWO 04.12.- 11.12.21



TAP INTO THE HEALING POWER OF NATURE + NURTURE

I warmly invite you to join me in this transformative 'Inner Peace & Power' autumn retreat.

By combining an exploration of timeless truths and cutting-edge 21st-century mind mastery skills & strategies, as well as intensive, fun & exciting coaching sessions and the healing power of nature, this retreat is a powerful catalyst that will transform your inner and outer world and help to unlock your full potential.

Immerse yourself in breathtaking and pristine nature and recharge your batteries on a deep level. Make significant breakthroughs and changes in your internal world in one-to-one coaching sessions that will restore your mental & emotional balance, enable you to find clarity & direction, and sharpen your mission, vision, and sense of purpose.

Have lots of fun in the company of a small group of like-minded people and learn new mind mastery skills that build your resilience, nourish & protect your mental wellbeing and enable you to create a more peaceful -and thus more powerful- way of living.

For passionate heart- and mission-driven people who want to make deep changes now.



Life is short. Let's create an unforgettable, fun and meaningful experience together.

**Milena Barton,
Transformative Coach**



This retreat offers time and space to take stock & reflect, and nourish and explore the deeper levels of your mind, body, and soul. During this week you will

- enjoy extensive walks along wild coastal paths, rugged cliffs, and vast white sandy beaches
- learn to root yourself and find stillness & connection in early morning meditations
- make profound internal breakthroughs in three intensive 2-hour Wingwave/Deep Coaching sessions
- explore & learn new resilience-building mind-mastery skills
- reconnect with, explore, stretch & strengthen your body in early morning Iyengar Yoga sessions
- have space to just breathe and be in solo nature experiences, using journaling as a means of reflection
- enjoy loads of fun in the company of like-minded people

In the routines of our everyday lives, we often play roles and wear 'masks' behind which we hide parts of our authentic selves. Yet that is also where our true potential lies. This week is an opportunity to throw off the masks and be present -unapologetically and fully- with your true, whole, unique and authentic self.

tap into the timeless source within

Listen and connect at a deeper level, and tap into the driving force behind your potential. This is an invitation to explore a higher level of consciousness.





Changing our World from the Inside Out

There has never been a more important time in our personal lives and on a collective and global level for us to be level-headed, critical & creative thinkers as well as positive, fearless, and proactive decision-makers.

Yet today's turbulent, fast-changing and uncertain world incessantly triggers our brains' automatic stress responses - the fight/flight/freeze reactions which manifest as anxiety, anger, stress, panic attacks, depression, etc. Whereas in the distant past these instinctive somatic reactions were the safety mechanism that ensured the survival of our primal ancestors when under attack from a wild animal or enemy, in today's world, they are a deeply self-sabotaging and dramatically outdated software that can wreak havoc with our lives.

In 21-st century circumstances, they not only fail to keep us safe but attack our mental and physical health. They undermine our mental clarity, and weaken our ability to find and implement the bold, creative, positive, and inspired visions & solutions we so urgently need. It is high time for a new mindset and software update!

HEART-POWERED MIND MASTERY - NEW SKILLS FOR A NEW AGE

In the course of this week, you will explore & learn new as well as timeless skills & strategies that protect your mental wellbeing, enable you to move from fight/flight/freeze to flow, make tangible changes without hard work, build inner resilience, and create a more calm, peaceful, fluid, and thus more powerful way of living.



RECHARGE YOUR BATTERIES IN PRISTINE NATURE



UNLOCK YOUR POTENTIAL IN WINGWAVE (EMDR)/ DEEP COACHING SESSIONS

This retreat offers a unique opportunity to tackle & remove emotional and psychological stressors that may block and undermine your wellbeing, happiness, and success. You can bring any topic to our sessions. Often experienced as profoundly liberating, Wingwave® is extremely powerful at enabling you to overcome non-resourceful states such as anxiety, anger, worry, panic attacks, stress, burnout, self-doubt, self-sabotaging/self-limiting beliefs, insomnia, the pain of challenging memories and emotional/physical injuries that may still negatively affect your wellbeing and ability to perform.

The effect is a profound and long-lasting positive reprogramming of thought patterns and beliefs on the deepest unconscious level.



becoming more peaceful within to be more powerful without

- Deep/Wingwave Coaching takes you beyond the surface & into the deeper structure of your thinking & emotions and facilitates positive life-changing insights and mindshifts
- creates an optimal inner state of calm, emotional balance & wellbeing and thus sets free mental clarity and creativity - the foundation for success in your external life
- assists high-impact mission-driven people & changemakers to make significant internal breakthroughs that will further your positive impact on the world
- unleashes your true power & unlocks dormant potential
- reinforces your unique talents, qualities, strengths & inner resources, and connects you to your inner wisdom and joy
- enables you to connect more closely to what you truly want, find your purpose and direction and sharpen your vision & mission
- enables you to perform at the peak of your ability
- empowers you to find the answers to your questions within - you are much more powerful than you know



LOCATION LOCATION ... !

We will be based in a beautiful and spacious former fisherman's loft right *on* Porthmeor Beach in St. Ives, famous for its unique light, colours, artistic heritage and outstanding natural beauty -pristine sandy white beaches, rugged coastline, and abundant wildlife.



FAB FOOD

Enjoy continental breakfasts sitting by the large window overlooking the beach and sea. We will find lunch in some of St.Ives' many seaside restaurants and cafés all of which are within a 1-15 minute walking distance. Delicious three-course dinners will be prepared on four nights at the Fisherman's Loft by our in-house chef; on the remaining nights we will dine in some of the region's many exquisite restaurants and hotels.

DEEP SLEEP

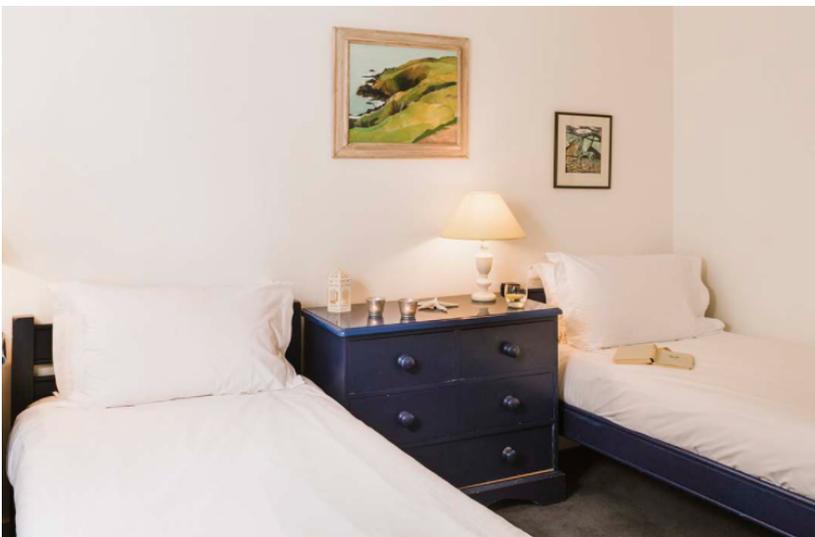


Wake up to the sound of waves ... !

Bedroom 1 is ensuite; the remaining bedrooms share a bathroom. Rooms are allocated on a first come, first served basis.



bedroom 2



bedroom 3



INVEST

The investment in your wellbeing is £3350 per person for one week. This includes accommodation, pick-up and drop-off at St.Ives train station, breakfast, 6 transformative coaching hours with Milena Barton, group sessions, Iyengar Yoga sessions on five mornings, transport to & back from locations beyond St. Ives, exquisite three-course evening meals prepared by our in-house chef at the Fisherman's Loft, and in some of the region's finest restaurants, and in the famous Tinner's Arms in Zennor dating back to 1271.

Not included are the cost for travel to & back from St. Ives, and daytime drinks and lunches in restaurants and cafés. A deposit of £1000 is required to secure your space. The remaining amount of £2350 will be due 6 weeks prior to the event. In case of a cancellation within 8 weeks prior to the start of the retreat, the deposit will be retained. If within those 8 weeks your place will be booked then the full amount will be refunded to you after the retreat.



APPLY NOW

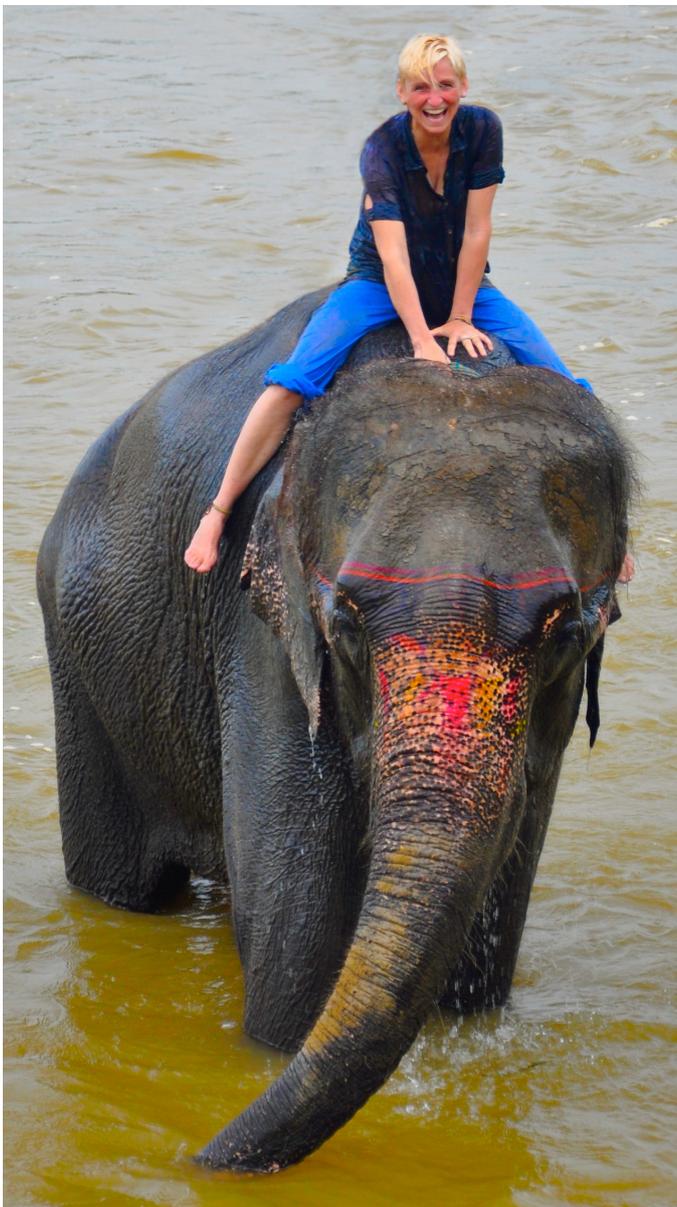
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Spaces are limited to three participants per week. Write to me to connect and secure your spot in this transformative Peace and Power Retreat in St Ives, Cornwall. Send an email to

contact@thefourthsolution.com

week one 27.11. - 04.12.21

week two 04.12. - 11.12.21



MILENA BARTON

Our world is what we think it is and exceptional things happen when and because we presuppose their existence, when and because we believe in, and exclusively filter for, the exceptional in ourselves and in each other.

It is already there, at the core, deep inside each one of us. I enable you to connect with it and remove any internal obstacles that may be obstructing its power. In my experience, exponential growth and success is then a natural consequence.

I look forward to creating an unforgettable experience with you.

Let's make waves together that will have a far-reaching positive impact going way beyond our week together.

[Click here](#) if you would like to find out more about me and Deep/Wingwave Coaching.

"Set your life on fire. Seek those who fan your flames." - Rumi