

# OMR<sup>®</sup> RETREAT AT THE PEAK CHALET, STE FOY



The OMR<sup>®</sup> Retreat with Sophia at the Peak Chalet in Ste Foy is an experience of Letting go and Reconnecting deeply with yourself in a true haven of peace.

It is a life-changing, life-opening experience that will enable you to transform your life.

The OMR<sup>®</sup> process - Original Matrix Reactivation<sup>®</sup> - is a tool that I have created that Reactivates Your Original Matrix: Your divine codes!

During these 4 days, we will liberate, heal... We will visit the wounds, family patterns, sufferings, blockages and the mechanisms to reactivate your Full Power.

**More infos...**

## WHAT ARE YOU GOING TO EXPERIENCE?

- Constellation
- Meditation
- Liberation
- Practice of gratitude
- Ceremonies and rituals
- Yoga
- Nature walks
- Sharing
- Gourmet meals
- Sauna / Hammam / Jacuzzi
- Therapeutic massage



## ALL INCLUSIVE JOURNEY

With breathtaking mountain views in the heart of Sainte Foy, this beautiful chalet is a gem.

It offers very comfortable rooms, a large open lounge, a fireplace and a balcony with a jacuzzi.

Equipped with its own spa including a sauna, hammam, treatment room, the chalet has everything you need to accompany you in your process of transformation.

You will be on full board - get your taste buds ready! Vegetarian meals are prepared by an incredible chef and you will be pampered by a dedicated and welcoming team.

**Learn more about the Peak Chalet...**

OMR  
With Sophia  
RETREAT



# THIS RETREAT IS RIGHT FOR YOU!

*Are you experiencing at the moment...*

tiredness	menopause
loneliness	burn-out
illness	repetitive patterns
depressive moods	grief
post-partum	despair

*This OMR retreat is offering you more...*

time for You	calm
sharing	grounding
healing	peace
balance	letting go
awakeness	understanding

## *Next retreat*

*from the 1st to 4th september*

**Rate shared room: 2290 EUR**

**Rate single room: 2900 EUR**

**I'M INTERESTED**

### This rate includes:

- **The retreat @ The Peak Chalet in All inclusive**
- **2 individual online pre/post consultations**
- **2 online pre/post group meetings with all participants**
- **A 7-days physical (detox) and energy preparation program before the retreat**
- **A monthly support (2 hours) via Whatsapp (written or audio messages) for 6 months**

During this retreat, we work in depth to get to the source of your needs and wounds.

We share moments of listening, various energy and therapeutic practices, rituals and tools to help you deal with inner and outer storms.

Daily sessions will consist of group workshops, personal study, time for yourself, yoga, hikes, rest. These precious moments of sharing, silence and introspection encourage awareness and intimacy with yourself.

## TESTIMONIALS

### *Philippe*

I was taken away from my own mechanism, me, the beholder of my thoughts became the observer right from the first exercise, on our first afternoon.

I left behind my control, I left behind the judge, Philippe.

The first powerful meditation, set the height, level at which I was committing myself for the rest of the days. A boundless being, fragmenting barriers, expansion of my being into a limitless soul, it's difficult for me to express, as I was clearly taken to a place beyond the critical mind.

The closure session at the end of the OMR retreat, was all about me. I am so grateful to have used this time to release my limiting issues in my life. Enough, Stop, respect me, now respect me for what and who I am, in my light and the great creator of my destiny, the driver of my future, in line with what I correspond to.

The work is endless, exciting and gathers all aspects that belong to me. I am looking forward to the next retreat with you.

Thank you, Sophia. You are a transformer.  
Love, Philippe

**Vidéo testimonial about the OMR Retreat at Ste Foy:**  
[https://www.youtube.com/watch?v=vQDPzZg\\_jgs](https://www.youtube.com/watch?v=vQDPzZg_jgs)



# WHO AM I?



Founder of the OMR<sup>®</sup> process, Awakener of Consciousness, Woman and Mother, Therapist, Medium, Speaker.

I am Sophia, born in Mauritius in 1976 from a multi-cultural family and mother of 5 children. I have been enriched by my many experiences in relationships, both personal and professional. My life mission is to listen, hear, explore, discover, inspire and offer space to those who seek to evolve.

[Learn more about me...](#)

My toolbox is composed of multiple methods: Craniosacral Therapy, OMR<sup>®</sup> Intuitive Healing, Channeling, Harmonic Techniques, Systema Massage, Janzu Water Process, Light & Field Therapy, Potential Activation, Corporate Self Management.

### *My Approach :*

A holistic approach that takes into account all aspects of the human being: energetic, physical, emotional, psychological and spiritual...

*"I'm delighted to meet you... With Love, Sophia."*



**FREE YOURSELF**



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