

You will discover the roles you are playing in the different relationships in your life.

You will come in to an authentic expression of self where you feel empowered to share your self, confident to express your voice, comfortable & clear with what you desire from self & others.

You will gain depth in wisdom that will clear the filter that you view your reality as putting you back in to driver seat and in control of your human experience while allowing others to have there own independent experience not entangled with you or impacting how you are feel in any given moment.

Others will no longer control your emotional experience. You gain the skill set that teaches those around you how to treat you without telling them. While implementing these tools week to week you will strengthen the aligned authentic and true version of your self and bloom the petals of your flower for all to see.

Who is she?

You will witness her unravelling in a way that feel good in your body & to those around you.

The way you present will deepen your relationship with self & with others. You gain clarity & feel love while embodying patience & compassion.

UNICE at the soul
Yoga + Retreats Center

This is a beautiful journey that will change your life for ever and give you so much more than just confident but lead you to understanding your self & the world around you.

The things that hurt you, trigger you & the reactions you have now will dissolve & be replaced with love for all, unity, compassion for everyone & you will feel safe in your body, with your self, your family & intimate relationships.

You become the ruler of your queendom while staying in your center, calm & balanced.

This is invaluable knowledge that will give you your life back, level you up, empower your actions aid in your ascension & once learned will never be unlearned.

You WILL for ever be changed & you will finally see the things that you were once blind to.

This program will never stop helping you.

It offers you wisdom that will be used every day, in every interaction & change the way you view the world.

You will see things clearly now. All confusion will dissolve. You will feel at peace & the mental chaos the drama will no longer exist & your relationships will become stronger & more aligned to that which you are truly desiring.

Everything will improve by understanding these simple yet extremely effective teachings.

These are accessible to anyone, anywhere ages 5+

& should have been taught to everyone as soon as you began communicating.