

Mandala

Your Complementary Colouring Book

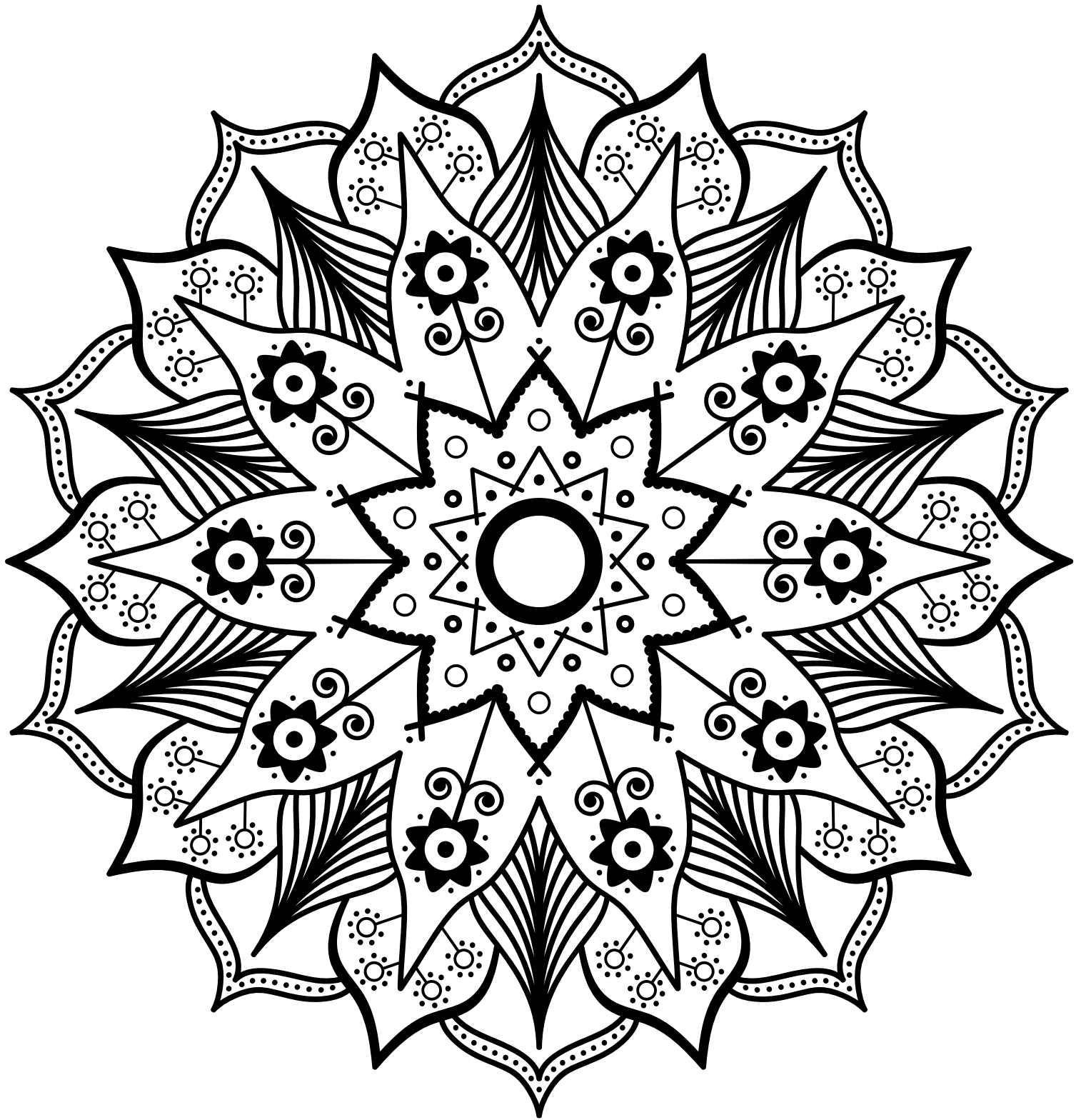
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Esprit Meraki Retreats

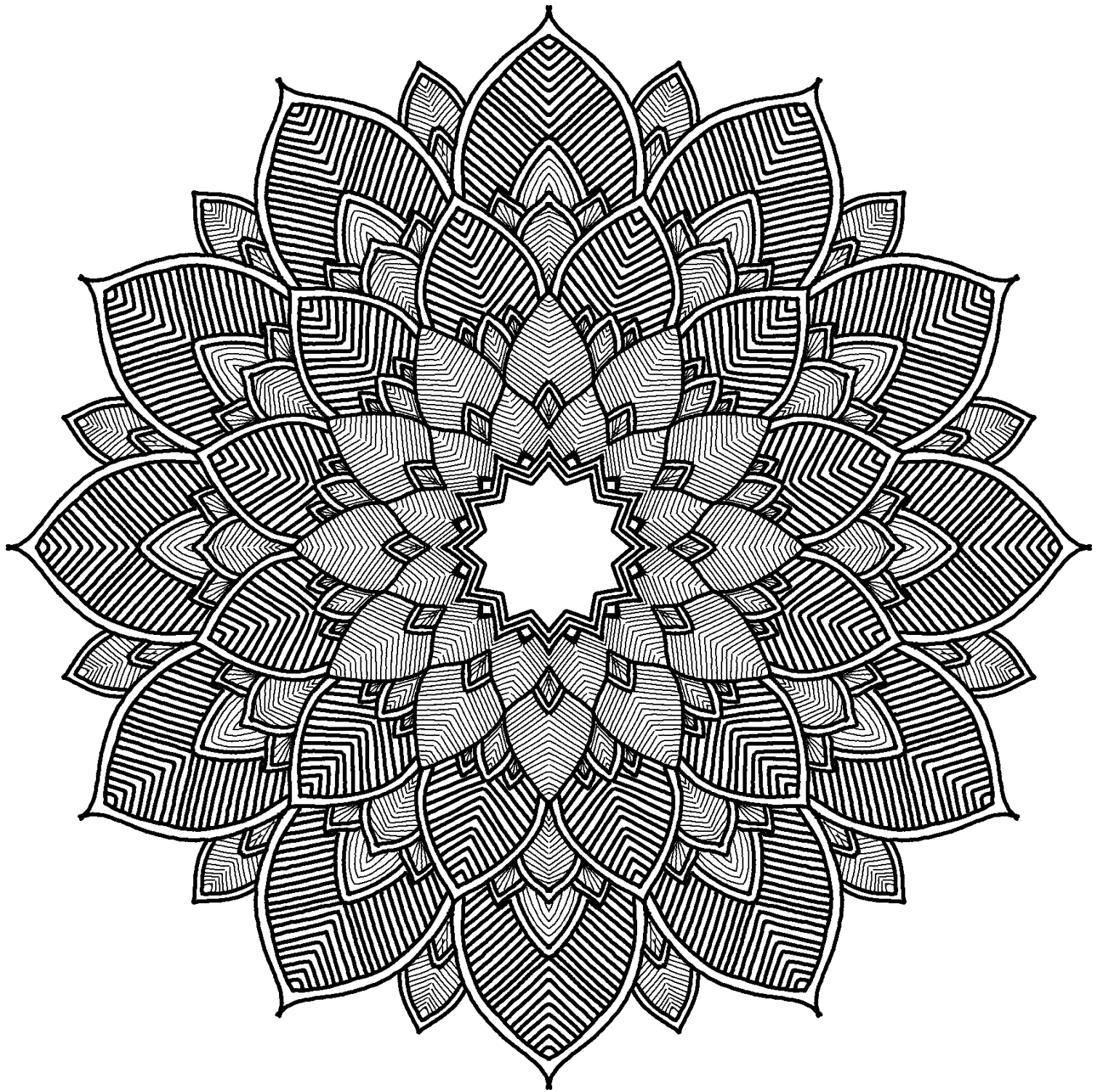




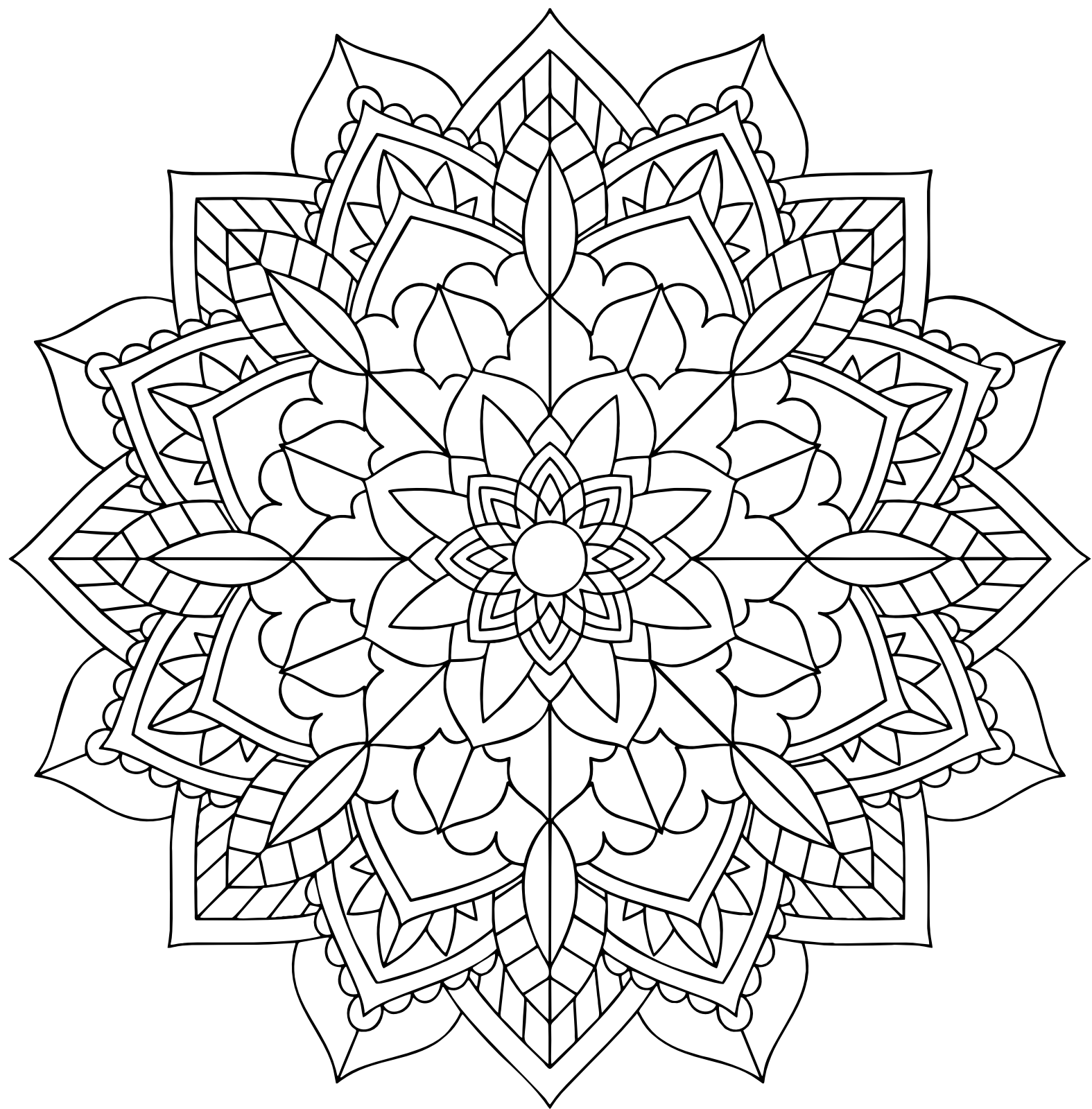
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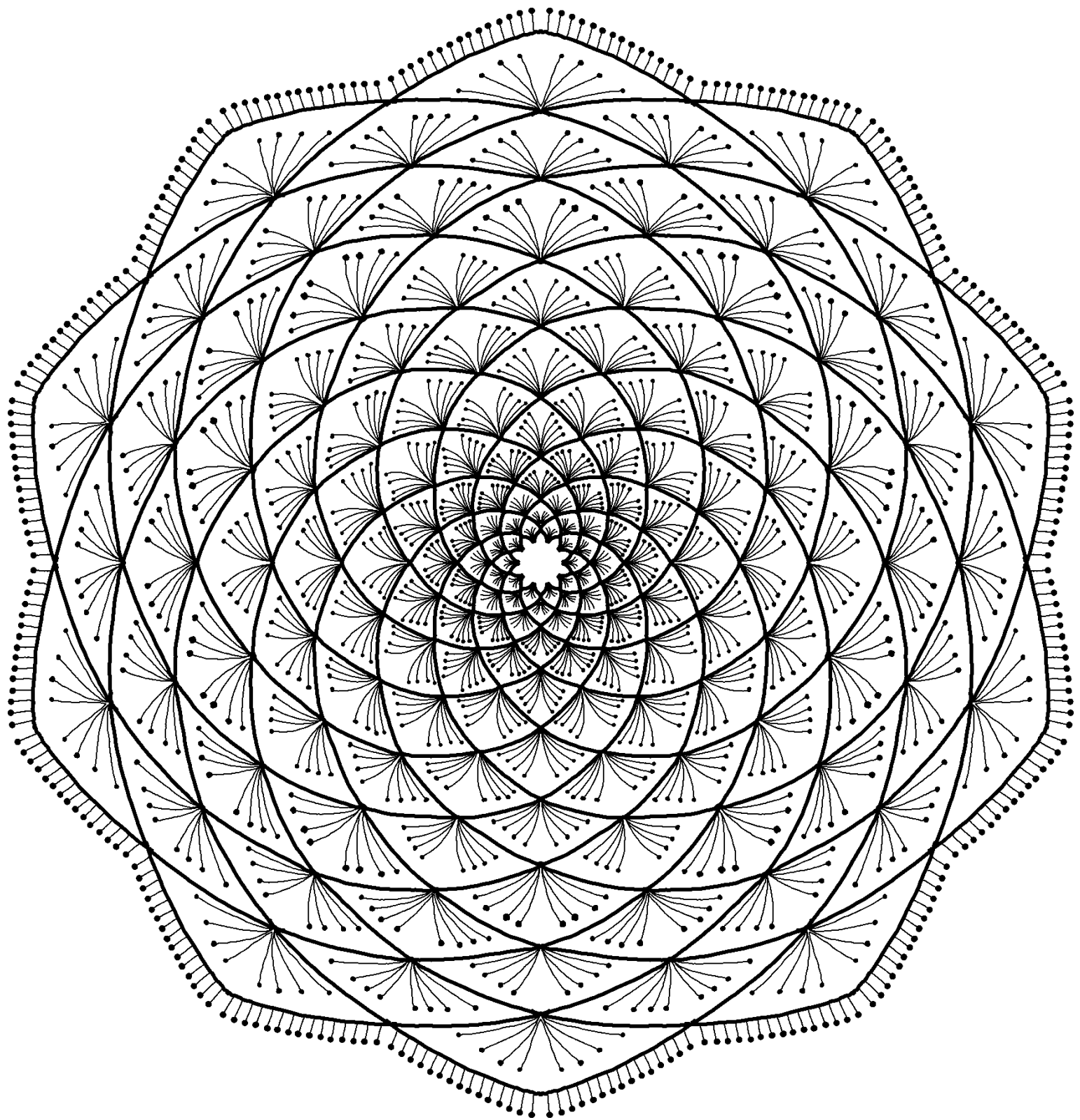
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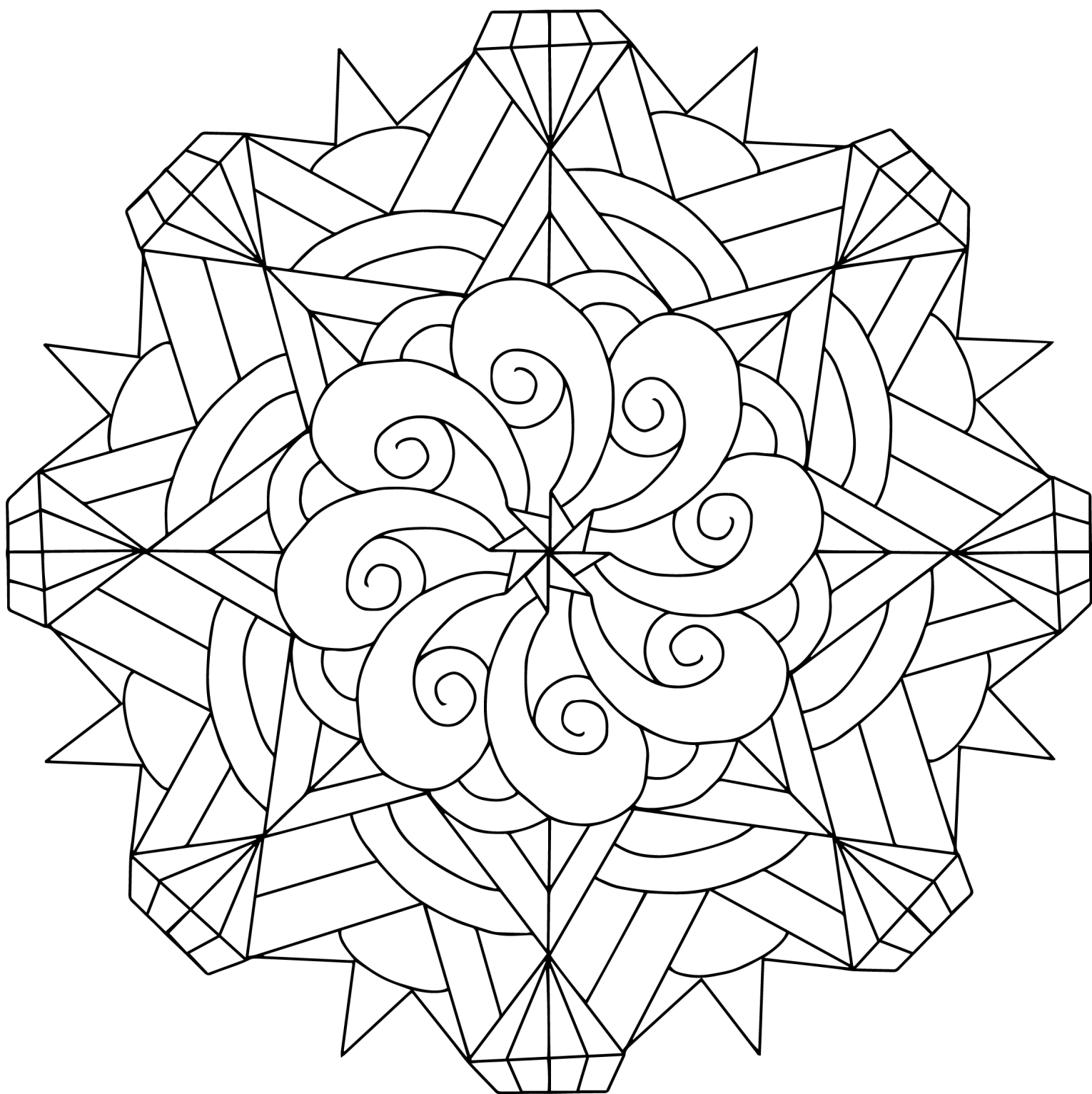
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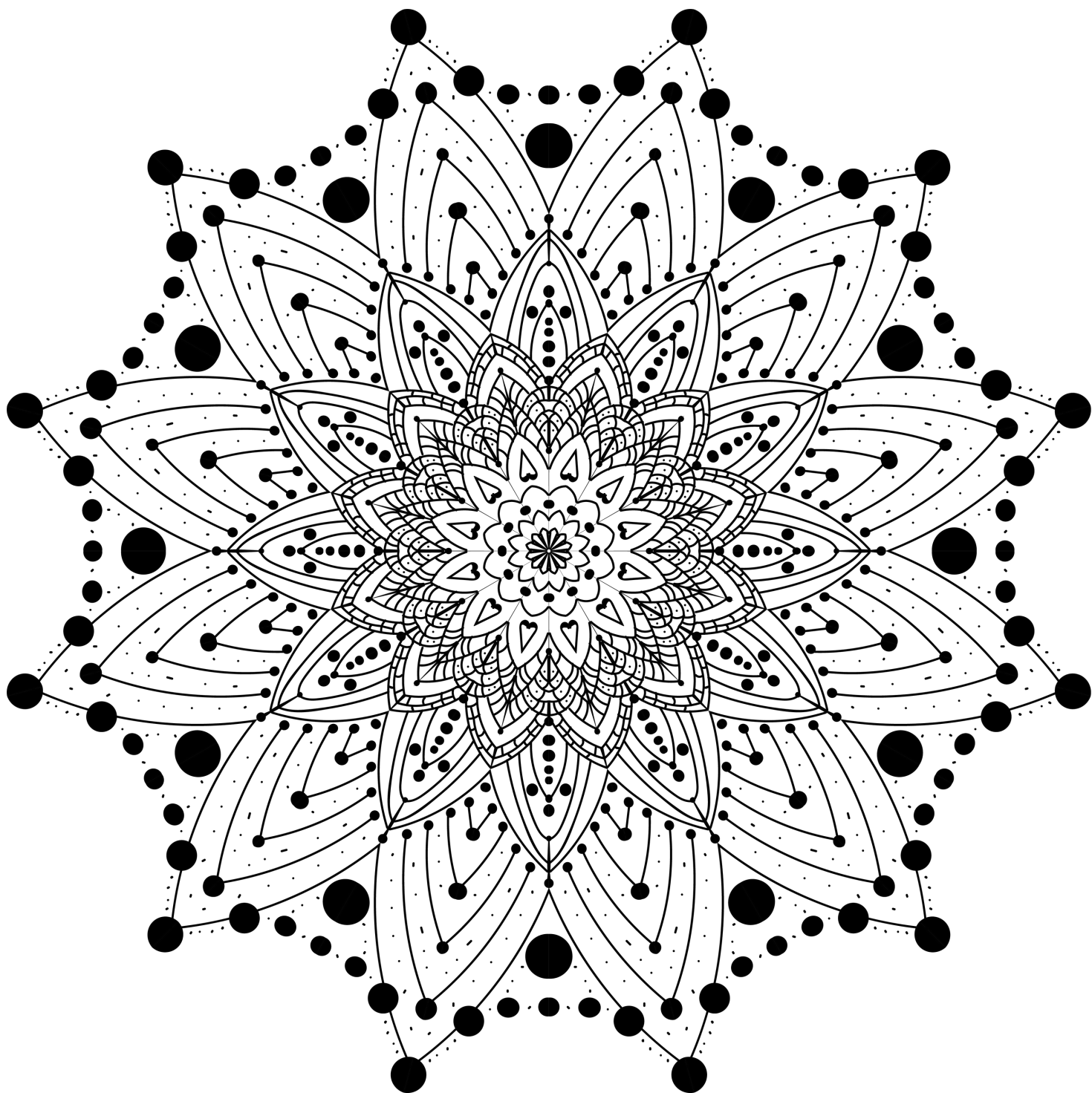
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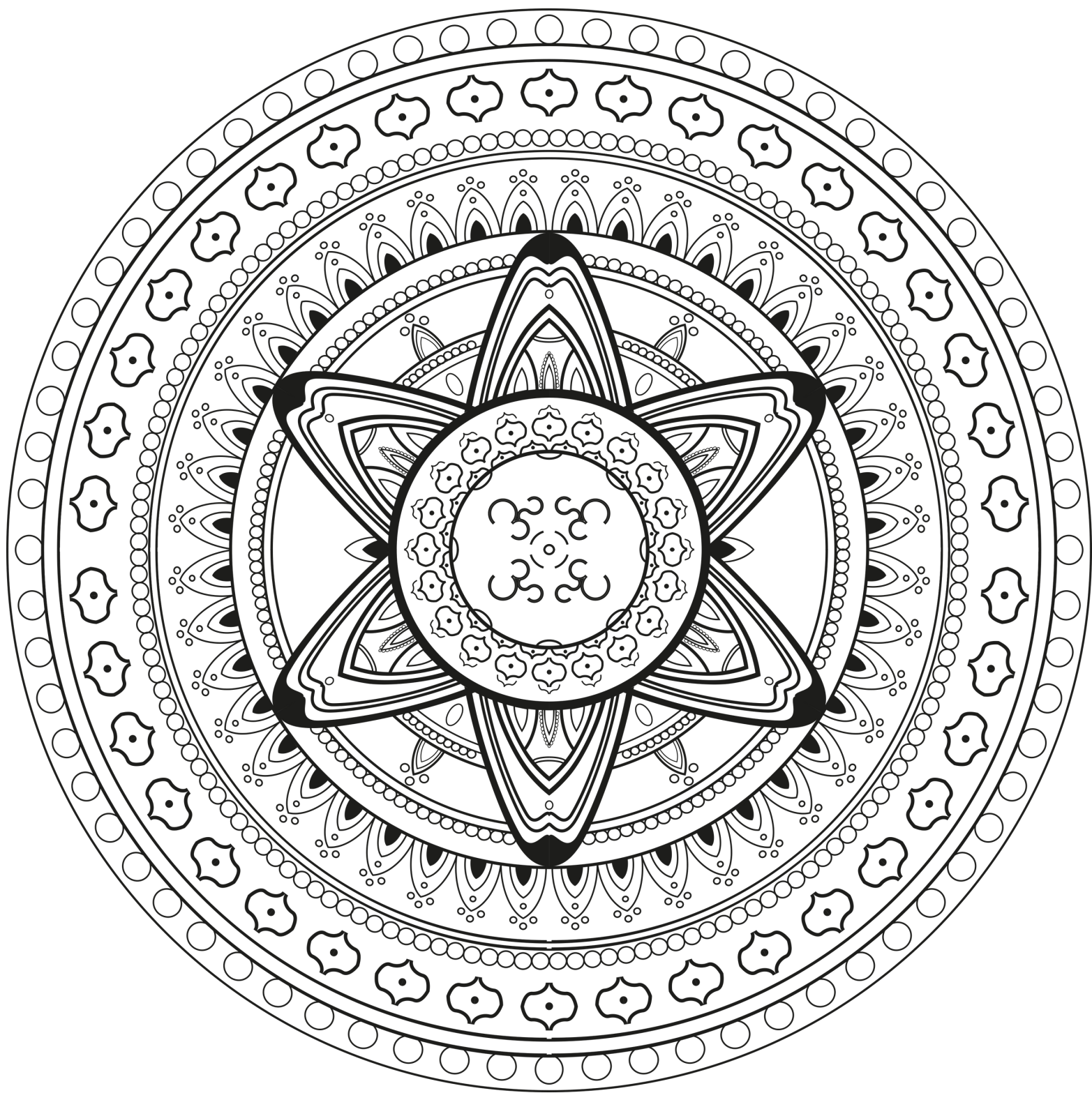
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Post-Retreat Support

Short-term

Sometimes, 5 or even 7 days are not enough, and more and more guests ask for a structured post-retreat program, to review what they have learned during the retreat and determine how they can apply their new skills to their everyday lives. This sounded like a very reasonable request to me, I have often felt the same, that there is still so much that we wanted to talk about, that we wanted to share, so I needed little encouragement to create the Bridge Builder's Blueprint post-retreat program.

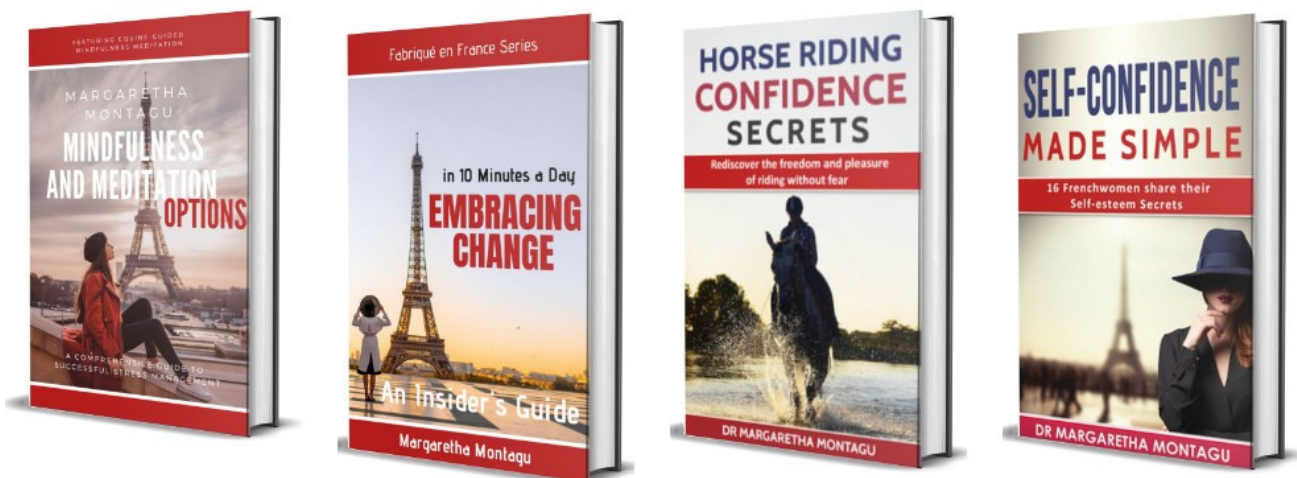
Long-Term

For those who want a more in-depth post-retreat program, lasting for 6 weeks (or longer) I created the Meraki Treasure Map post-retreat mentorship. This unique transformational online program will help you to create a clear, concise and accurate map to help you find your way from where you are now to where you want to be, even if at this moment in time, you may have no idea where exactly that is.

Dr Margaretha Montagu's Books

- Embracing Change in 10 Minutes a Day: Simple Strategies, Smart Suggestions and Insight-giving Stories (Fabriqué en France Book 3)
- Mindfulness and Meditation Options: Featuring Equine-guided Mindfulness Meditation (Fabriqué en France Book 2)
- Horse Riding Confidence Secrets
- Confidence made Simple: The 7 Secrets of Supreme Self-Esteem for Women who want to live fulfilling, purposeful and prosperous Lives (Fabriqué en France Book 1)
- Make the Most of Your Next Retreat - a workbook to help you make your next retreat your best ever

All Dr Montagu's books are horse-inspired, subtly French-flavoured and decidedly life-enriching.



All available at MargarethaMontagu.com

