

THE JOURNEY OF AN EMPOWERED HEART

Participants Share

About the Empowered Heart Immersion

"Lily's breathwork sessions, juxtaposed with Rosana's psychodrama, create a powerful connection on multiple levels — mind, body, and soul. When these two sisters unite, their energy is truly magical. ...

Lily brings such powerful light and love to her breathwork sessions. There is something incredibly moving about the space she creates, and you leave feeling lighter, more connected, and somehow elevated to another level. ...

Rosana has an incredible gift for connecting the dots through psychodrama, allowing participants to experience deeper awareness of themselves and of life in general. ...

Through Lily's breathwork, we are given the opportunity to release bound-up energy and experience a sense of true peace. Combined with Rosana's psychodrama, the experience reaches both the physical and emotional levels in such a profound way."

— N. D. · Florida

"Lily and Rosana provide a beautiful space to open and explore the issues of your life's journey. ... The love and support in this workshop is evident from the very beginning and grows more with each moment.

You may come in with a heavy and troubled heart, but when you leave, you realize this was exactly what you needed."

— C. W. · Florida

"I felt safe, supported, and free to express myself. Through breathwork, reflection, and connection, I was able to release, let go of past resentments, and reconnect with myself. ... I left feeling lighter, freer, and more at peace. 100% recommended"

— E. F. · Florida

"I came back home feeling a sense of peacefulness and serenity that my soul desperately needed. ... I've been doing breathwork with Lily for many years but this is the first time I've done it in person. I now see the difference of doing it in person and how much more immersive it is. ...

Lily and Rosana weaved the breathwork and psychodrama elements together seamlessly to create a truly transformational experience. I had breakthroughs, gained clarity from a higher perspective, and released things that weren't serving me. I also witnessed my fellow 2-day tribe members have breakthroughs as well.

Lily and Rosana know how to create a safe, sacred, loving, and non-judgmental space which is paramount for the work they do and produces the highest results."

— D. S. · New York

"I felt safe, seen, heard and loved. My heart was touched in so many unexpected ways. The entire retreat from beginning to end was transformational. ... The warmth, love and lessons gained from this experience will be with me for a very long time."

— D. D. · Florida