



WISDOM WINDFALL

Its about purpose

unplug & reboot

Our Unplug & Reboot Program is a luxury spa resort package that strikes the perfect balance between challenging your higher self and pampering your worthy self.

Our holistic approach combines high-level, Life-Affirming, personal and group coaching with five star accommodations, customized in-house spa treatments, whole-body wellness regimes, and world class farm to table cuisine.

moving in rhythm

Playfulness and purpose are behind every physical activity we do together at Wisdom Windfall. Enjoy a variety of tailored activities that build and sustain boundless life energy, while supporting clarity and decisiveness. Step into the comfort of your body by giving and receiving in a guided dance of core-embodiment and therapeutic treatment.

the sharing table

Whether you're low carb, no carb, vegan, or in ketosis, you know that what you put in your body has a major impact. Redefine your gut, and your relationship with food, through farm to table cuisine that is delicious, designed for your needs, and is prepared to be shared.



Physical

Mental



shadows

Our thoughts, and the beliefs that drive us, are the few things in this world we can actually control. However the common shadows of not being good enough, being unlovable, a victim, relying on addictions, escaping, blaming, and not feeling safe, often keep us in flight-or-fright mode - attached to suffering. We react rather than respond, and we feel powerless. There is a way through. The first step is Self-Awareness. And through our guided journey of self-reflection and self-discovery, you will be able to see your life from 40,000 feet and regain control.

mindfulness

This catchphrase is not just about quieting your thoughts, but also about being present, getting the right answers, and fulfilling your need to know. Wisdom Windfall guides you through the powerful process of getting to know your ego, your shadows, and your magnificence. We will safely hold you as you step into your sovereign energy, so you may live a more conscious life of balance, vision, and purpose.

authentic inspiration

Through our processes and practices you will discover a way to live with clear values and boundaries, sustained with a sense of purpose, newly in love with life every day. And from this place of gratitude, joy, and peace you can be the authentic leader you know you are destined to be. From this place you will not only be inspired, but you may also live your life as a constant inspiration to others.

Spiritual

connection

After air, water, food, and shelter - human beings need connection to survive. Definitive research shows that without connection, people have 5 times the chance of dying early.



intimacy

Humans also have a deep need to belong and connect. We thrive through intimacy with who and what we care about most. And yet, many of us lack the courage to be vulnerable enough to connect at a deeply spiritual and fulfilling level. This means not only being vulnerable with others, but also ourselves - and our deepest needs.

fulfillment

Wisdom Windfall is built on purpose. Connection with our deepest needs, our bodies, the natural environment, and with each other. Our programs are built on the foundation of connection, where we transcend the limitations of social and cultural fears and find our power through truth and vulnerability. It is upon this grounding that we learn to live a heart-centered life of purpose and total life fulfillment.

Emotional



deep caring

The core of what we do in the emotional field is based in the universal deep caring process developed exclusively by Wisdom Windfall. Wisdom Windfall helps you harnesses the power of your emotional body, allowing you to access the intuitive wisdom within your being, while being true to your deepest needs and purpose. Be the master of your passion while being grounded in the knowledge of your deepest self. Stop hiding and start walking your talk as you step more fully into the authentic emotional life you are destined to live.

All the best laid plans and perfect controls a person can implement in their life will be at the mercy of one's emotions. Whether your holding onto unexpressed grief or completely shut down, our processes, practices, and coaching provide a safe place to explore your emotions and the wounds, needs, and connections that trigger them. Gain understanding of the sources of your emotions, whether in abundance or short supply. Learn how to recognize false emotions that generate from shadow beliefs and depressive thoughts and honor the authentic emotions that live in your body.

Wisdom Windfall nurtures visionary leaders by facilitating pathways to the human soul; embodying the power of presence, life energy, and expansive thought; and by awakening to the divine order that guides all creation.

Are you ready?

wisdomwindfall.com

Our promise is to journey with you, nurture you, and share only what we are in the midst of practicing ourselves. We look forward to welcoming you into our global community.