

# Awakening the Sacred Frequencies Within You

## AWAKEN YOUR DIVINE BRILLIANCE

### A TRANSFORMATIONAL RETREAT IN FRANCE

JUNE 6–15, 2025 | LE RELAIS DES ANGES, MERCUÈS, FRANCE

Are you ready to elevate your vibration, awaken your higher consciousness, and step into your full potential? This is your call to embark on an extraordinary journey of self-discovery, connection, and transformation in the heart of Southwest France.

Step into a sacred space where divine love, cosmic wisdom, and ancient mysteries converge. This retreat is not just an escape—it's a pilgrimage to awaken your higher self and connect with angels, divine beings, nature spirits, and cosmic intelligences.

#### WHY THIS RETREAT IS FOR YOU

- ✓ You seek a deep spiritual awakening and higher guidance
- ✓ You want to activate your pineal gland and raise your vibrational frequency
- ✓ You crave sacred experiences in powerful energetic sites
- ✓ You're ready to break through limitations and live in divine alignment

#### WHAT YOU'LL EXPERIENCE

✨ **Dynamic Salon Sessions** – Immersive gatherings where storytelling, meditation, and transformative practices expand your consciousness. Daily themes include “The Call to Connection,” “Angels & Divine Love,” “Exploring Ancient Mysteries,” and more.

✨ **Holotropic Breathwork & Yoga** – Daily sessions to harmonize body, mind, and spirit, enhancing your inner connection.

✨ **Sacred Site Activations** – Visits to energetically charged places, including Rocamadour & the Black Madonna, Lourdes, and the Cave of Padirac.

✨ **The Pineal Gland Awakening** – Participate in groundbreaking research on how this “gateway to higher frequencies” enhances spiritual connection.

✨ **Bio-Well® Scans** – Track your vibrational shifts with advanced energy readings at the beginning and end of your journey.

✨ **Soulful Exploration** – Experience the mystical landscapes of St. Cirq Lapopie and Chemin de Hallage, stepping through time and space.

## MEET YOUR GUIDES

Led by **Brigitte Bruydz & Shoco Evanko**, this retreat blends ancient wisdom with modern consciousness research, providing you with life-changing experiences that activate your creative potential and align you with divine frequencies.

## SECURE YOUR SPOT – LIMITED SPACES AVAILABLE!



**Retreat Price: \$2,900 USD**



**Early Bird: \$2,333 USD (valid until Feb 14, 2025)**



**Includes:** Accommodation (double occupancy), organic meals, daily sessions, sacred site visits, and all transformational experiences. (*Single rooms available for an additional fee.*)

### ◆ Reserve Your Space Now with a \$750 Non-Refundable Deposit ◆

This is more than a retreat—it's a portal to your higher self. Answer the call and step into your divine brilliance.

**Are you ready to transform? Secure your place today!**

<https://jennifrevanko.com/shop/france-trip/>

Brigitte Bruydz

Life coach

Meditation & Mindfulness Instructeur , Yoga Instructeur

Master reiki

Akashic records

Bbawakening.com

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Fondatrice du Relais des Anges

[www.lerelaisdesanges.com](http://www.lerelaisdesanges.com)

[www.voyageaucoeurdeletre.com/](http://www.voyageaucoeurdeletre.com/)

[www.thelivinglegacy.eu](http://www.thelivinglegacy.eu)

[nuages.voyageaucoeurdeletre.com](http://nuages.voyageaucoeurdeletre.com)

FRANCE: (33) 6 40 05 73 71

Your task is not to seek for love,  
but merely to seek and find all the barriers  
within yourself that you have built against love. ~Rumi

# Itinerary

June 6 ~ June 15, 2025 Schedule  
A Pilgrimage of Discovery Exploring the Sacred

## Day 1: Friday, June 6



### Welcome to the Journey

Guests arrive at Toulouse or Brive airports and are transferred to *Le Relais des Anges*. Enjoy time to relax by the pool, visit the sauna, or walk the peaceful grounds. Each guest receives a NuCalm® Rescue Session and a Bio-Well® Intake scan.

- **Salon Theme:** “*The Call to Connection*”
- **Meals Included:** Dinner

## Day 2: Saturday, June 7

### Exploring Inner and Outer Senses

Highlights: Visit the Cahors Market, walk along the *Chemin de St. Jacques de Compostelle*, explore the Gothic Cathedral of St. Étienne, and enjoy lunch and tour at a spiritual vineyard.



- **Salon Theme:** “*Angels and Divine Love*”
- **Meals Included:** Breakfast, Dinner

## Day 3: Sunday, June 8



### Journey Through Time

Highlights: Hike to the Castle of Mercuès and Virgin Mary statue, walk the *Chemin de Hallage*, and visit the cliffside village of St. Cirq Lapopie.

- **Salon Theme:** “*Exploring Ancient Mysteries*”
- **Meals Included:** Breakfast, Dinner

## Day 4: Monday, June 9

### *Raising Frequencies*

Highlights: Yoga and meditation, a celestial walk, Holotropic Breathwork, and free time to enjoy the retreat center.

- **Salon Theme:** *“The Path to Communion”*
- **Meals Included:** Breakfast, Lunch, Dinner



## Day 5: Tuesday, June 10



### *The Depths of Mystery*

Highlights: Explore the Cave of Padirac with a guided boat tour, have lunch at a local restaurant, and visit Rocamadour to connect with the Black Madonna.

- **Salon Theme:** *“Living the Mystery”*
- **Meals Included:** Breakfast, Dinner

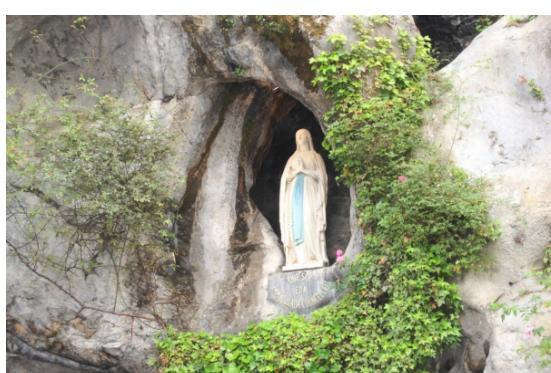
## Day 6: Wednesday, June 11

### *The Sacred Partnership*

- Highlights: Morning yoga, plant intelligence exploration, and an afternoon to recharge or enjoy the countryside.
- **Salon Theme:** *“The Sacred Partnership”*
- **Meals Included:** Breakfast, Lunch, Dinner



## Day 7: Thursday, June 12



### *Pilgrimage to Lourdes*

Highlights: Travel to Lourdes to explore the grotto, sacred water, and sanctuary. Participate in the evening Light Parade.

- **Salon Theme:** *“Grace and Healing”*
- **Meals Included:** Breakfast

*\*Note: the travel time to Lourdes is 3 hours.*

## Day 8: Friday, June 13

### *A Day of Reflection in Lourdes*

Highlights: Experience the sacred and healing baths of the Virgin Mary, called The Lady of Lourdes, enjoy free time to explore Lourdes, and have lunch before returning to the retreat.



- **Salon Theme:** *“Integrating Grace”*
- **Meals Included:** Breakfast, Dinner

## Day 9: Saturday, June 14



### *Celebrating the Journey*

Highlights: Visit the Cahors Market, enjoy a final Holotropic Breathwork session, and participate in a Wisdom Circle to reflect on the retreat's transformations.

- **Salon Theme:** *“Illuminating Frequencies”*

- **Meals Included:** Breakfast, Dinner

## Day 10: Sunday, June 15

### *Farewell and New Beginnings*

Morning yoga and meditation, breakfast, and airport transfers to Toulouse or Brive.

- **Meals Included:** Breakfast



### **Are You Ready to Awaken Divine Frequencies?**



Spaces are limited. Reserve your place today and embark on this extraordinary journey of connection, transformation, and sacred discovery.

Reserve Your Spot for this Magnificent Trip: Trip Deposit \$750, \$2,900 Per Person – Based on Double Occupancy

**Early Bird Special:** \$2,333 USD (valid until Feb 14th, 2025)

## Meet Your Guides

### ✨ Jennifer (Shoco) Evanko

**Consciousness Explorer | Spiritual Guide | Transformation Catalyst**



Jennifer Evanko is a visionary guide dedicated to unlocking the full potential of human consciousness. With over four decades of experience, she has immersed herself in sacred sites, mystery schools, and leading-edge metaphysical centers across the globe to uncover profound truths and explore the transformative power of the human spirit.

Her journey has taken her to the heart of Brazil to study energy healing, the renowned Mystery Schools of Damanhur in Italy, and the Chopra Center University in California, where she trained with luminaries such as Dr. Deepak Chopra. A five-year mentorship with Dr. Jean Houston further deepened Jennifer's understanding of the imaginal realm and human potential.

Jennifer is the creator of acclaimed programs like *Wisdom Gatherings* and *Adventures in Consciousness*, which have inspired thousands worldwide. Her passion lies in empowering others to explore their inner landscape, access higher realms of consciousness, and align with their true purpose.

### ✨ Brigitte Bruyéz

**Swami | Master Reiki | Spiritual Healer & Teacher**



Brigitte Bruyéz, founder of *Le Relais des Anges* in Mercuès, France, is a master yoga teacher and breathwork coach, certified in the Seven Spiritual Laws of Yoga and meditation by the Chopra Center. With decades of experience as a spiritual healer and guide, Brigitte's work is deeply rooted in love and simplicity.

She integrates yoga, meditation, and energy healing to guide others on a journey of heart-centered transformation. Brigitte is also an expert in Holotropic Breathwork, a powerful technique that opens pathways to healing and higher consciousness. Her connection to the divine energy of the Virgin Mary brings a unique depth to her teaching, blending ancient wisdom with practical techniques for personal growth.



## **Sophrologist | Energy Healer | Consciousness Coach**



Marc Sebire is a graduate of ESSEC with a specialization in Sophrology—a method of harmonizing body and mind through consciousness techniques. With a deep passion for spiritual development, Marc guides individuals toward self-awareness and balance.

Marc's work is centered on the integration of love and energy harmonization. His Marian devotion informs his approach, offering a grounding presence and spiritual insight to those on the path of awakening.

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## **Registration**

**Price:** \$2,900 USD\*\*

**Early Bird Price:** \$2,333 USD (valid until Feb 14th, 2025)

**\*\*Price is based on double occupancy. Additional fee for single rooms. (single rooms are limited so request early)**

### **Deposit Requirement**

To secure your place in the *Sacred Frequencies: A Pilgrimage of Discovery*, a non-refundable deposit of **\$750** is required at the time of registration. This deposit confirms your commitment to the retreat and ensures your spot is reserved. The deposit can be paid by credit card on our website. If you prefer to pay by check or another method, contact John Evanko at [John@JenniferEvanko.com](mailto:John@JenniferEvanko.com)

### **Final Payment & Refund Policy**

#### **Final Payment**

The remaining balance of **\$2,150 (or \$1,583 if registered during early bird)** is due no later than **April 1, 2025**. Registrations made after this date will require full payment at the time of booking. All participants reserving their place and paying a deposit will be contacted in March with instructions regarding payment of the balance due.

#### **Cancellation Policy**

We understand that unforeseen circumstances may arise. Our refund policy is designed to balance participant flexibility with the logistical commitments of organizing this retreat:

##### **1. Cancellations Before March 1, 2025**

- A full refund of any payments made, excluding the \$750 deposit, will be provided.

## 2. Cancellations Between March 1 and April 15, 2025

- 50% of the total retreat cost will be refunded, excluding the \$750 deposit.

## 3. Cancellations After April 15, 2025

- Unfortunately, no refunds will be issued after this date due to pre-arranged costs and commitments.

### Transfer Policy

If you are unable to attend, your reservation may be transferred to another participant, provided written notice is given by **May 1, 2025**, and the replacement participant meets all requirements for the retreat.

### Travel Insurance

We strongly recommend purchasing travel insurance to protect your investment. Travel insurance can cover unforeseen events such as illness, travel delays, or cancellations outside of our policy.

### What's Included:

- 9 nights' accommodations: 8 nights at *Le Relais des Anges* & 1 night in Lourdes.
- Bath accessories + bath + pools towels.
- All meals except those noted: Delicious, nourishing local cuisine (vegetarian).
- Daily yoga, meditation, and breathwork sessions. (limited yoga mat)
- Meditation cushion and blanket
- Transformational salon gatherings and human potential practices.
- All excursions, including entrance fees to sacred sites.
- Group Airport Transfers from the Toulouse or Brive Airports
- Transportation during the journey
- Bio-Well® intake and exit scans & 20 min NuCalm® Rescue Session upon arrival.

### What's Not Included:

- Flights – (Toulouse -1h 15 min) or Brive (45 min from Relais des Anges)
- Insurance
- Lunches (except for day 4 & day 6 are included)
- Drinks (alcohol)
- Yoga mat
- Dinner at Lourdes
- Optional Tips (suggested/ at your convenience)
- Shuttle trip is provided upon Airport arrival and Airport departure day to meet the group's flights accordingly. If you choose to arrive early or stay later, ask us about reasonable accommodation and transport options to extend your trip.

# Registration

<https://jenniferevanko.com/shop/france-trip/>

**To pay by check or another method, contact John Evanko at  
[John@JenniferEvanko.com](mailto:John@JenniferEvanko.com)**