

WORLD RISE HIGHER. WORLD RISE HIGHER.



RISE HIGHER

JOURNEY INWARDS

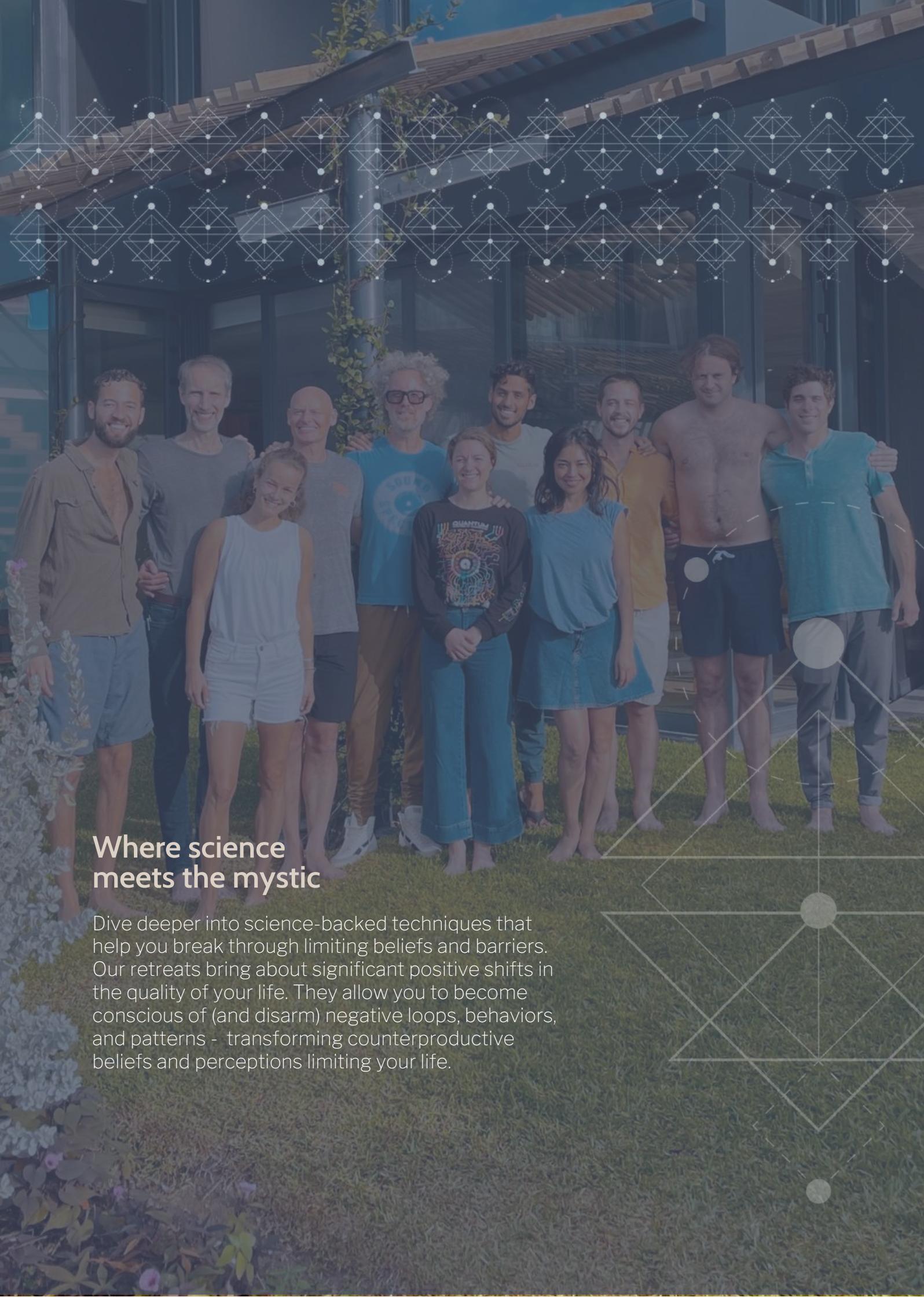
4 DAY RETREAT EXPERIENCE

CONCORD, VERMONT
AUG 16-20, 2023



**We create unique experiences
that guide your inward journey**

HER. WORLD. RISE. HIGHER.



Where science meets the mystic

Dive deeper into science-backed techniques that help you break through limiting beliefs and barriers. Our retreats bring about significant positive shifts in the quality of your life. They allow you to become conscious of (and disarm) negative loops, behaviors, and patterns - transforming counterproductive beliefs and perceptions limiting your life.



facilitator **paul vincent**

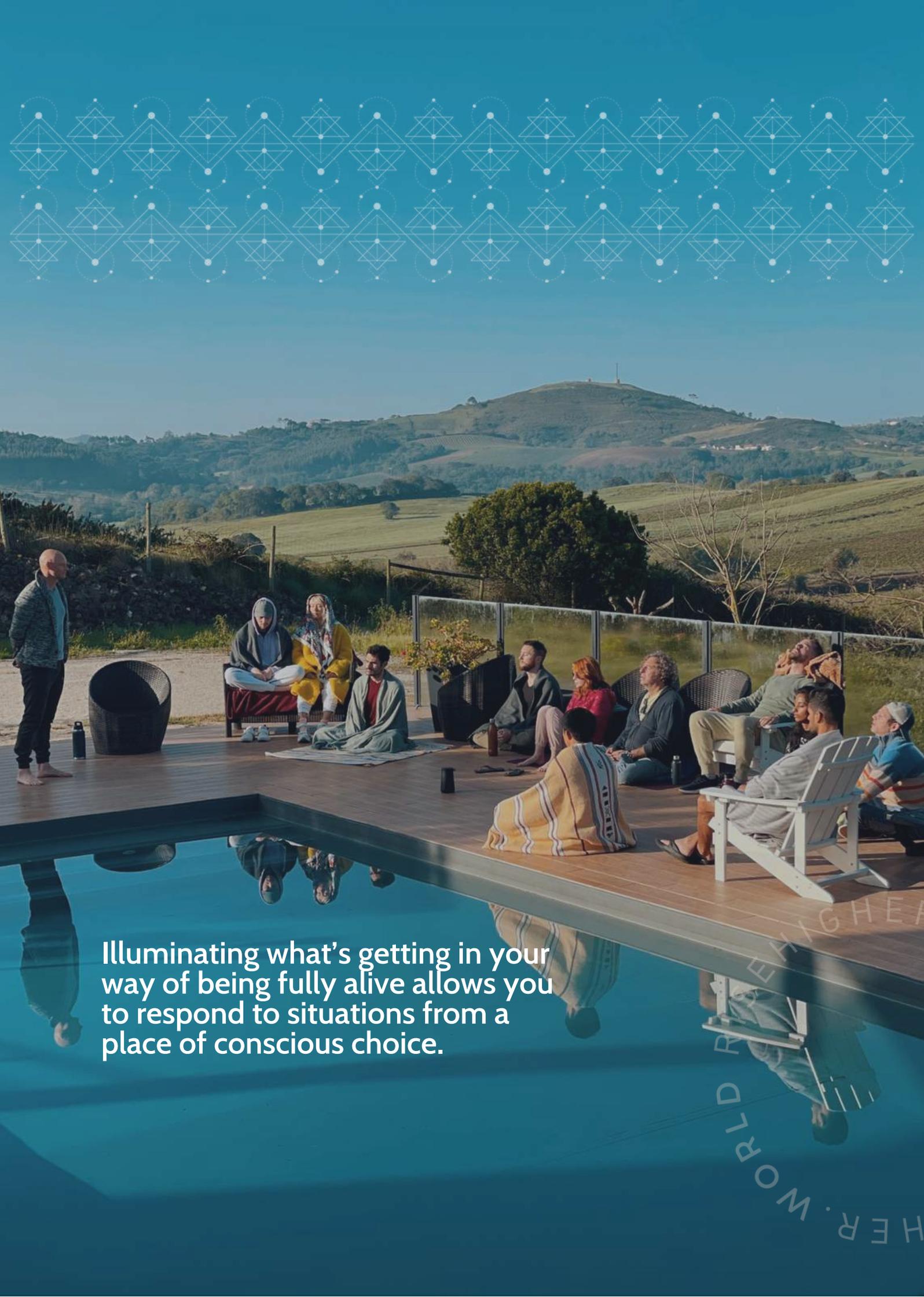
Paul has spent a lifetime studying and pushing the boundaries of human potential in his own body and with professional athletes, celebrities, and executives.

Through his research, he has discovered new ways to access what lies hidden within us all. Paul earned a Master's Degree in human performance, has studied with many indigenous cultures, and is currently at AWE in the psychedelics therapy program while getting his PhD in Transpersonal Psychology.

In the world of human development, Paul's expertise lies in bringing the scientific to the mystical edge. Paul's specialty is removing the blocks that prevent people from living to their full potential.



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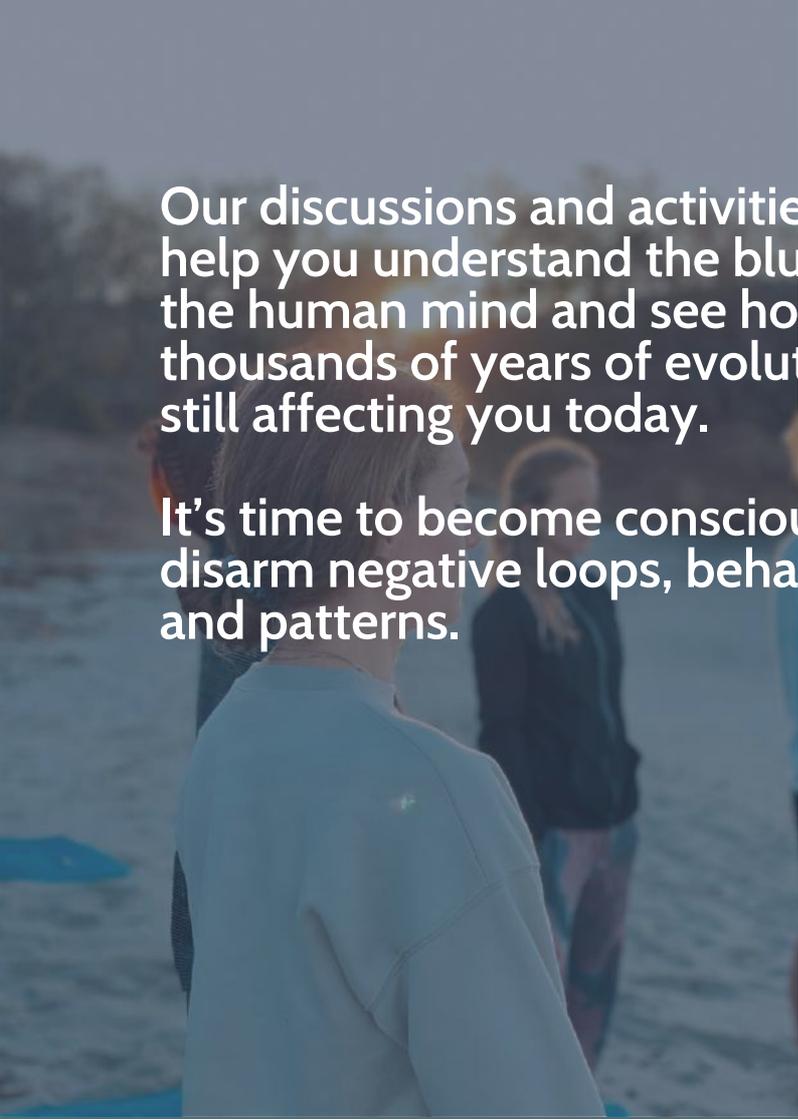
Illuminating what's getting in your way of being fully alive allows you to respond to situations from a place of conscious choice.

HER. WORLD REFINISHED



Our discussions and activities will help you understand the blueprint of the human mind and see how thousands of years of evolution are still affecting you today.

It's time to become conscious of and disarm negative loops, behaviours and patterns.



2022

Our past retreat journeys



✓ Punta de Mita, Mexico



✓ Lisbon, Portugal



✓ Somerset, England



✓ Colorado, USA

2023

Upcoming retreats



Mar 15-19
Portugal



Jul 5-9
England



Aug 16-20
Vermont



Sep 6-10
Massachusetts





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4 DAY RETREAT EXPERIENCE

location
**Concord,
Vermont**

dates
Aug 16-20

exclusive
20 people

- Check-In: Wed, Aug 16th @ 5pm
- Check-Out: Sun, Aug 20th @ 11 am

what's included



mindfulness practices



paradigm shifting discussions



self reflection work



shamanic lineage



nourishing food



daily movement



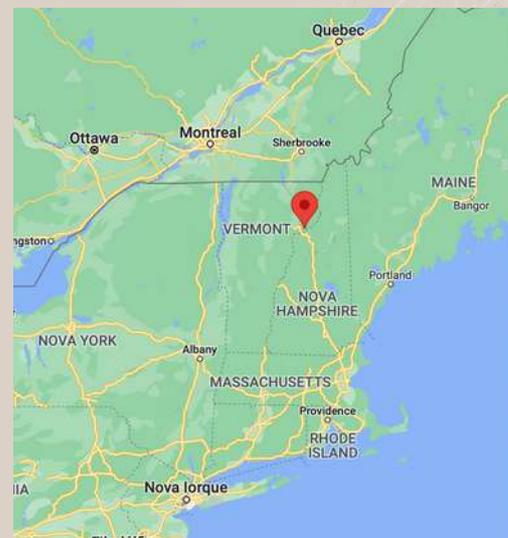
breathwork

about the retreat location



The retreat will be held in a spacious, newly renovated, light and airy 200 year-old farmhouse where we will be immersed in nature. The setting is very private, situated on 135 acres that includes a barn, large open pasture, forest land with a network of trails, brook, and large pond for swimming or paddling a kayak. The house has several large meeting spaces as well as two fireplaces for chilly summer evenings. Outside, there is a generous patio with a hot tub and outdoor shower. In August, local organic farms are exploding with produce that will be incorporated into our meals.

Approximately 2.5 hours north of Boston, the Northeast Kingdom is considered “the real Vermont” with many wonderful opportunities for hiking, mountain biking, gravel riding, boating, and fishing if you want to spend the full week there.





Discover peace and tranquility in Vermont's Northeast Kingdom

Bask in the stunning location of this beautiful home in Concord, Vermont. This place will ensure relaxation and comfort. The wide-open spaces, fresh air, and natural light will provide optimal warmth and tranquility. It's the perfect setting to dive deep into this healing work.





Retreat schedule

Arrival day (Wednesday, Aug 16th)

- Check-in at 5 pm
- Welcome Dinner

Day 1 (Aug 17th)

- Breathwork
- Meditation
- Light breakfast
- Movement
- Discussion
- Lunch
- Self reflection
- Discussion
- Dinner

Day 2 (Aug 18th)

- Breathwork
- Meditation
- Light breakfast
- Movement
- Journey
- Integration discussion
- Dinner

Day 3 (Aug 19th)

- Breathwork
- Meditation
- Light breakfast
- Movement
- Journey
- Integration discussion
- Dinner

Departure day (Sunday, Aug 20th)

- Check-out at 11 am
- Breakfast





nourishing food chef Nadav



Chef Nadav found his passion for food and cookery while serving as an officer on the Police Force in Jerusalem, Israel.

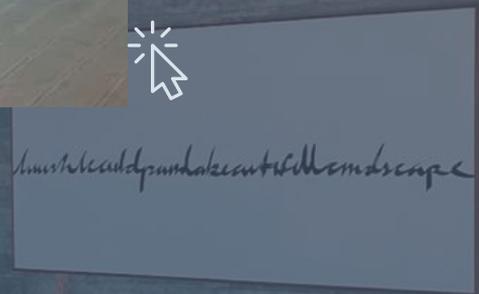
He was inspired by how food brought people of different backgrounds together; how they relaxed and enjoyed their meal and let the tensions of their embattled city melt away. He left the police force behind and has dedicated his life to learning and honing his craft and spreading the joys of quality foods and gathering around the dining table.

Trained at the Culinary Institute of America, Chef has honed his craft working at high-end restaurants, eateries, and hotels for over 15 years.

As a Personal Chef, Nadav has the ability to tailor every meal to the guest's personal tastes and preferences, introduce new ingredients and different cooking methods and tell the story behind his creations.



Watch testimonials from those who joined our past retreat experiences





pricing



To secure a space, please reach Eddie Garcia by e-mail. Then, you can make payment, and after that, submit the intake form. See detailed instructions below:

early bird

Until April 15th

\$ 2,500 USD

PER PERSON FOR EVENT + MEALS

after April 15

\$ 3,000 USD

PER PERSON FOR EVENT + MEALS

Pricing does not include accommodation.

However, the below hotels are all within a 20-25 min. drive to the retreat:

- Burke Mountain Hotel and Conference Center (East Burke, VT)
- Rabbit Hill Inn (Waterford, VT)
- Hampton Inn (Littleton, NH)
- Thayers Inn (Littleton, NH)

You also have the option to AirBnB nearby or camp/RV on Ann's property (there is no additional cost to camping on-site, however, you would need to bring your own tents and/or RV).

1. RSVP BY E-MAIL
by May 15th

eddie@risehigher.world



2. MAKE PAYMENT
to secure a spot

[Payment Link](#)



3. INTAKE FORM
by May 15th

[access the form](#)



cancellations

The event is not refundable because we can only accept a small group. For the event, we require that everyone informs us of their current well-being and what their intentions are for the retreat.





To learn more about Paul,
check out the following:

Podcast Appearance

- [Culture Your Creativity: The Power of Human Potential](#)
- [The Unstoppable Man Project: How To Go Beyond What You Are Supposed To...](#)

Articles

- [The Hollywood Report: Brothers Who Got Star Wars Into Shape](#)
- [Inside Hook: Would You Pay \\$25K for a Gym That Makes You 10 Years Younger?](#)
- [IVY: How to Leave Work Healthier Every Day](#)



DESIGN
THE
LIFE
YOU
WANT



VERMONT
AUG 2023

www.risehigher.world/retreats

For further questions, please contact:
eddie@risehigher.world



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See you in Vermont!



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