



FREE TO BE

SHE

RETREAT

*Helping women choose themselves
without guilt, shame or apology.*

TURKEY · 7-14 OCTOBER 2026

Spaces very limited · The sky's the limit



“

Other than the birth of my only child, this has been the most profound week of my life.

— ANNE • FREE TO BE SHE
RETREAT ALUMNI

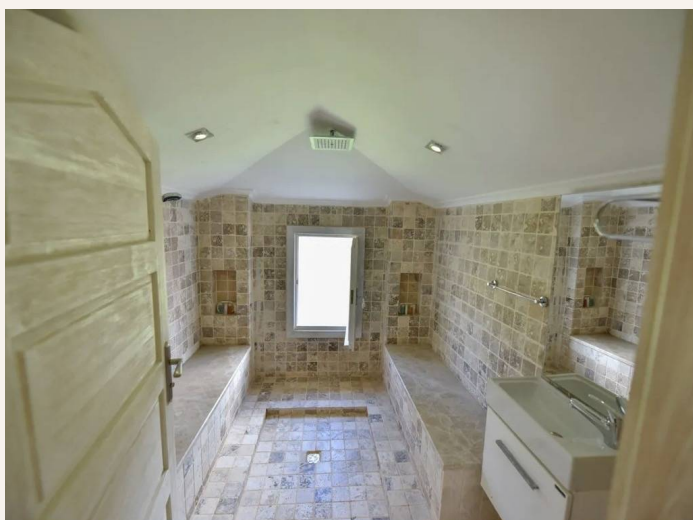
WHERE YOU WILL STAY

Kaya Amari Boutique Hotel

Nestled in the mountains above the ghost town of Kayaköy – a stunning stone boutique hotel with private pool, hot tub, jacuzzi suites, hammam and panoramic sea views. A true sanctuary.

KAYAAMARI.COM





Your sanctuary sits above the hauntingly beautiful **ghost town of Kayaköy**
— a hillside of silent stone houses, steeped in history.

STONE SUITES

PRIVATE POOL

HOT TUB

HAMMAM

JACUZZI

SEA VIEWS

ALL MEALS INCLUDED

*Change the trajectory of your
life*

one choice at a time

INCLUDED IN YOUR RETREAT

Where the week takes you









This is your
RETREAT

*Seven days of deep transformation, laughter, healing
and becoming — held in the warmth of Turkey and the
warmth of sisterhood.*

**One choice. One woman.
One transformed life.**

INSIDE THE WEEK

What this week holds

Healing · Releasing · Love · Laughter ·
Undoing · Togetherness · Learning ·
Becoming · Soul

Real tools. Real change.

*Asking for what you need. Calling it out. Saying no.
Frameworks that will change how you move through the
world — forever.*

WORDS FROM OUR WOMEN

Their words. Their truth.



“

Thank you so, so much for an amazing and inspiring retreat. I am the powerful soul I am meant to be because of this experience.

— MARIA ·
ALUMNI

“

Thank you will never be enough — for helping me find myself again, for helping me embrace my feminine side, and for holding me like a mother when I needed to see myself and believe that I am enough.

— RITA ·
ALUMNI





“

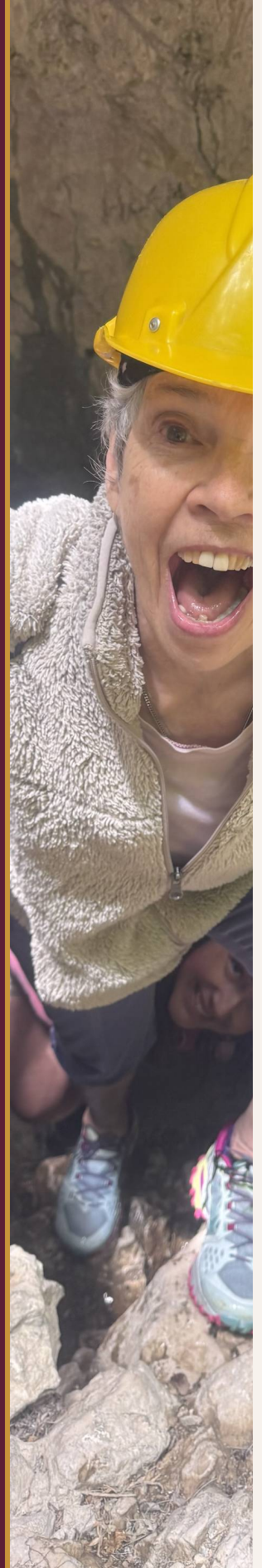
Thank you
for
rebirthing
me into my
new life. I
couldn't
have gone
forward
into all the
changes
that lie
before me
without
this retreat
— without
you, and all
you have
done for
me.

— KAREN ·
ALUMNI

“

I appreciate
you sharing
your love,
your
knowledge
and your
care with
us. A true
heart
connection.

— CARON ·
FREE TO BE
SHE RETREAT
ALUMNI





“

Thank you from the bottom of my heart for everything you have done for me this week. It has been inspirational.

— ANNE • ALUMNI

YOUR INVESTMENT IN YOURSELF

All for under

£4,000

LUXURY BOUTIQUE HOTEL · ALL MEALS · 7 DAYS COACHING
5 EXCURSIONS · DAY BOAT TRIP · FULL TRANSFORMATION

TURKEY · 7-14 OCTOBER 2026



READY TO BEGIN?

Book a Discovery Call

*A warm, relaxed conversation where we simply
explore what feels possible for you.*

CALL 07834 478 075

freetobeshe.com

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CALL OR WHATSAPP

07834 478 075

WEBSITE

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