

# Abundant Goddess & Yoga Retreats Barbados

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Goddess Acumen Goddess Acumen (<http://www.goddessacumen.com>) has launched Abundant Goddess & Yoga Retreats in Barbados, 7 day escapes which incorporate meditation, Emotional Freedom Therapy (EFT) and Neuro Linguistic Programming (NLP) within a programme of daily workshops, activities and yoga classes to give women the space to re-connect with their inner goddess. Goddess Acumen is led by Dr Helen Johnson.

Dr Helen Johnson said: "The 6 goddess archetypes are Athena (career and your potential), Artemis (your wild side), Aphrodite (love and pampering), Hera (your power), Persephone (letting go) and Demeter (taking care of you). The archetypes are metaphors for how we live our lives but we may only be tapping into one source, like Athena with our focus on work, or struggling to tap into another, like Demeter, as we experience a loss or a significant life change".

Helen continues: "Each day at the retreats is dedicated to a different goddess utilising the luscious surroundings of Barbados."

In addition to daily yoga, participants will take part in activities such as surfing, exploring the island, and enjoy a visit to the Oistins for their legendary Friday fish fry. Accommodation during the retreat is at The Legend Garden Condos set on the shores of idyllic Mullins Beach on the island's west coast, known as the platinum coast for its profusion of beautiful beaches.

The package which include flights from the UK, most meals and accommodation costs £3599pp or £3249pp when booked by the 1st January 2017, payable in one, two or three instalments. The package also includes 3 months of coaching with Dr Helen Johnson.

## Press information:

Goddess Acumen offers Emotional Freedom Therapy (EFT), Hypnosis and Neuro Linguistic Programming (NLP) through one-on-one sessions, group events, inspirational talks and writing and is led by Oxford philosophy graduate Dr Helen Johnson, a practitioner in Integrated Energy Techniques with a PhD in transforming lives. For press information/images please contact Kelly Topping PR, [kelly@kellytopping.com](mailto:kelly@kellytopping.com)