



“ BEING IN LOVE
WITH LIFE, MEANS
BEING IN HARMONY
WITH ENTIRE
UNIVERSE, WITH
EVERY CREATURE,
ALLOWING EACH
OTHER A SPACE TO
BE ... ”

- RAM DASS

WELCOME TO *Love.Life*

Nurturing Well-being Through Diverse Offerings



AT LOVE.LIFE, WE ARE DEDICATED TO ENRICHING LIVES THROUGH A DIVERSE ARRAY OF OFFERINGS THAT EXTEND BEYOND CORPORATE AND WELL-BEING RETREATS. OUR OFFERINGS INCLUDE TEACHER TRAINING, DYNAMIC AWAY DAYS, IMMERSIVE ONLINE WORKSHOPS, AND ENGAGING, IN-PERSON EXPERIENCES. WE BELIEVE IN PROVIDING A HOLISTIC APPROACH TO WELL-BEING, NURTURING PHYSICAL, MENTAL, AND EMOTIONAL HEALTH.

Our ethos is rooted in the belief that well-being encompasses more than just relaxation; it's about discovering one's true potential and forging a deeper connection with oneself. Whether through our restorative and dynamic yoga sessions, transformative sound bath relaxation, rejuvenating Ayurvedic walking massages, or enlightening mindfulness seminars, we offer a myriad of practices to cater to individual and corporate needs.

Love.Life is committed to tailoring bespoke packages that align seamlessly with your organisation's unique requirements.

We take pride in curating experiences that resonate with high vibrations, connecting participants with nature and promoting conscious living. Each offering is meticulously designed to be a sanctuary, inviting participants to pause, reflect, and revel in the beauty that surrounds them.

Join us on this profound journey towards holistic well-being, and allow Love.Life to be your companion in the pursuit of solace, rejuvenation, and self-discovery. Together, let's embrace a path of connectedness, consciousness, and personal evolution.



WHY CORPORATE WELLBEING?



CORPORATE WELLBEING ENCOMPASSES A COMPREHENSIVE APPROACH TO NURTURING THE PHYSICAL, MENTAL, AND EMOTIONAL HEALTH OF EMPLOYEES WITHIN THE MODERN WORKPLACE. IT RECOGNISES THAT INDIVIDUAL WELLBEING IS INTERTWINED WITH THE COLLECTIVE CONSCIOUSNESS OF THE ORGANISATION, CREATING A RIPPLE EFFECT THAT INFLUENCES PRODUCTIVITY, SATISFACTION, AND OVERALL COMPANY PERFORMANCE.

This holistic perspective acknowledges the microcosm of each employee's body, mind, and life which includes work life. It is within this intricate interplay that the potential for transformation and growth lies and where we come in to support.

A workplace culture that promotes wellbeing fosters a sense of belonging, reduces stress, and enhances overall morale. This, in turn, leads to a more positive and vibrant work environment, where individuals are empowered to bring their best selves to their roles.

The benefits of corporate wellbeing extend beyond individual employees. They permeate the fabric of the organization, elevating overall performance. Studies have shown that companies with robust wellbeing programs experience lower absenteeism, reduced turnover rates, and increased levels of creativity and innovation.

By acknowledging the interconnectedness of individual and collective wellbeing, Love.Life's approach integrates ancient wisdom with modern understanding. Through practices rooted in Tantra Yoga, breathwork, and the exploration of energy centers, employees are invited to deepen their connection to themselves and the larger whole. We cater each retreat and workshop to each individual and company's purpose.

THE *Love.Life* APPROACH:

TAILORED TO YOUR BUSINESS AND YOUR EMPLOYEE NEEDS:

At Love.Life, we understand that every organisation is unique, with distinct needs.

That's why we specialise in crafting bespoke wellbeing programs that align seamlessly with your company's vision and culture. Our approach is flexible, allowing us to cater to various organisational structures and work environments.

CUSTOMISED PROGRAMS FOR EVERY BUSINESS:

Our team of experts collaborates closely with your organisation to identify specific areas of focus and design a program tailored to address them. Whether it's enhancing stress management, improving team cohesion, or boosting overall wellbeing, we have the expertise to curate a program that meets your objectives. Upon completing our questionnaire we have a better idea of what it is you are looking for.

FLEXIBILITY IN DELIVERY METHOD:

Recognising the diverse work environments in today's business landscape, Love.Life offers flexibility in program delivery. We provide both on-site and virtual options, ensuring that our offerings can seamlessly integrate with your workplace setup. Whether your team is based in a traditional office space or working remotely, our programs are designed to be accessible and impactful.

- WHEN PRIORITISED, CORPORATE WELLBEING BECOMES A CATALYST FOR POSITIVE CHANGE WITHIN THE WORKPLACE.
- EMPLOYEES WHO FEEL SUPPORTED IN THEIR PHYSICAL, MENTAL, AND EMOTIONAL HEALTH ARE MORE LIKELY TO BE PRODUCTIVE AND ENGAGED.
- THEY EXPERIENCE HIGHER LEVELS OF JOB SATISFACTION AND ARE MORE COMMITTED TO THE COMPANY'S MISSION AND GOALS.

Meet Your Expert Guide: Victoria

Victoria is an internationally recognised Tantra Yoga teacher, holding prestigious accreditations including:

- Yoga Alliance eRYT500
- Yoga Alliance Continued Education Provider (YACEP)
- Awarded Level 3 in Training, Education, and Assessing Vocationally Related Achievement.
- Awarded Level 4 in Understanding the Quality Assurance of assessment processes and practices.
- Level 3 Diploma in Mat-based Pilates, Yoga, and Personal training.



With nearly two decades in the wellness industry, Victoria brings a wealth of experience and expertise to your corporate wellbeing journey.

- Lead Trainer at London Wellness Academy
- Creator of wellness programs for One Spa World
- Renowned international retreat facilitator
- Trained hundreds of clients in holistic health
- Up-skilled personal trainers in holistic approaches

Victoria's diverse background encompasses practices like Hatha and Tantra yoga, as well as an understanding of Sacred Geometry. From martial arts to personal training, CrossFit to Pilates, her journey is a testament to her commitment to holistic wellbeing.

Victoria's love for exploration has taken her across the globe, exposing her to a multitude of approaches to mindful living. Her experiences span from Russia to North America, South America, Asia, and Africa.

Since 2008, Victoria has been leading wellbeing retreats worldwide. She began with her day retreat in the UK in 2019 received overwhelmingly positive feedback, inspiring the birth of the Love Life Retreats.

Victoria's deep knowledge and commitment to holistic wellbeing make her a guiding light for individuals seeking to enhance their physical, mental, and emotional health. Her ability to connect with diverse audiences ensures that participants feel supported and empowered throughout their journey.

PRICING AND PACKAGES

At Love.Life, we offer a range of customized wellbeing packages designed to meet the unique needs and preferences of your organization. Each package is thoughtfully curated to provide a comprehensive and transformative experience for your team. Due to the tailored nature of our offerings, we encourage you to get in touch for detailed pricing information and to discuss deposit requirements and payment plans. You can do so via our questionnaire, social media channels or email us.

SPECIAL OFFERS AND DISCOUNTS

We value long-term commitments to wellbeing, and as a token of our appreciation, we offer special incentives for bundled services and extended partnerships. These offers are designed to support your organization's journey towards sustained growth and enhanced wellbeing.

To inquire about pricing, deposit requirements, and payment plans for our tailored packages, please reach out to our dedicated team. We look forward to creating a bespoke wellbeing program that empowers your team to thrive. Contact us at info@lovelifebyzimmer.com



SCAN OUR QR CODE FOR MORE INFORMATION:



SCAN ME

Love.Life
Packages

FEEL IT.

Ayurvedic Massage, guided meditation and yantra drawing to establish deep connection to physical, mental and emotional bodies.

24.03.2024 9:30am-5:00pm

CREATE IT.

A new collaboration of Love Life Retreats and VIITTA Sustainable fashion. Weaving process of macramé with reflective guiding and healing sound bath.

21.04.2024 9:30am-5:00pm

HARVEST IT.

Reflective practices of tantra yoga, deep conversations, connection to sacred symbols through drawing, healing sound bath.

21.09.2024 9:00am-5:00pm

Love Life UPCOMING RETREATS

MONTENEGRO RETREAT

5- Day "Power of creative expression" Yoga and Macrame Retreat in the stunning National Park, 21st of Aug - 25th of Aug 2024

We are looking forward to sharing this beautiful synergy between Love Life Retreats and VIITTA House, who stands for sustainable fashion.

Macrame knotting process is not just about the amazing results at the end. It is about how empowered and beautiful a person feels wearing a garment they made with their own hands and the creative journey itself.

The repetitive and meditative process of tying knots, self-reflection and shared energy in the space makes it an unforgettable, mindful experience that supports creativity and mental health.

Ashuma center is a unique space located in the beautiful National Park Lovćen; in the midst of a forest, surrounded by mountains and a 40-minute drive to the open sea.

BALI RETREAT

10 Day "Embrace your Creativity" Retreat in Ubud, Bali, 13th-22nd of March 2025

This program was made with you in mind if you're looking for a place to rediscover your creative, sexual, and sensual energies. The purpose of this destination retreat is to reacquaint our guests with their svadhisthana chakra. Your ability to navigate life with joy and pleasure depends on this sacral centre, whether it has to do with relationships, finances, creativity, abundance.

You can find equilibrium between isolation, relaxation, harmony with nature, and wellness activities at Solana retreat centre in the island's spiritual capital of Ubud. It doesn't take long to unwind in this exotic setting and r

Solana is a natural eco-luxury resort surrounded by lush tropical forest and medicinal gardens. The multileveled pool is filtered by plants and has an epic view of the waterfall.



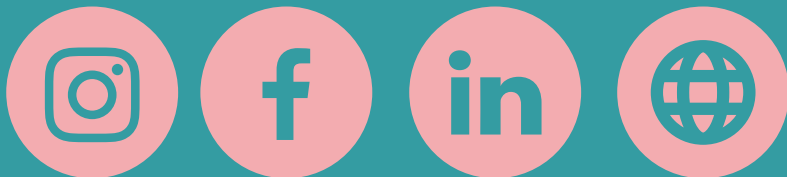


JOIN THE *Love.Life* COMMUNITY

Our commitment to sustainability extends beyond rhetoric; it is woven into the very fabric of our company's strategies. We choose top-tier eco retreats as our venues, ensuring that every facet of our operation aligns with our ethos of mindful living. Our values serve as the bedrock of our workplace culture, informing our policies, daily practices, and interactions.

At Love.Life, our retreats are a dynamic voyage of continual growth and transformation. We recognise that genuine change stems from listening to and acting upon the invaluable feedback of our cherished participants. Your voice is the catalyst for our progress, propelling us towards crafting an even more enriching retreat experience.

Follow us on social media and check out our website for regular updates and more information!



Main website





Love.Life



EXPERIENCE REVIEWS:

I have attended a few of Victoria's day retreats in the U.K. and have enjoyed every single one of them.

Each retreat was well organised with beautiful surroundings and the meals were all delicious. These retreats gave me and everyone a safe space for the day to unwind, focus on our mental well being while practising yoga. She uses various techniques - from sound baths to drawings which have been an eye opening concept.

I always come out of the day feeling refreshed and rejuvenated. I highly recommend Love.Life retreats and hope to join ones abroad one day.

-Ming Choy

It's one of those experiences that is hard to put into words. You have to live it, to feel it and then understand it a little bit better. Love Life retreats creates a space for you to be, not just exist and it will be as good as you allow it to be.

-João
Rodrigues



[Visit our Trustpilot and find out what people have shared!](#)



Love Life



EXPERIENCE REVIEWS:

I came back from the 10 day retreat feeling deeply rested. The venue was beautiful and the retreat was really well planned. There was a perfect balance of structured activities (yoga, meditation and sacred geometry), time to explore the local area and a few special surprises such as a Banya sauna ceremony. The hosts were warm and welcoming and nothing was too much trouble for them. I look forward to joining another retreat.

-Gemma H.

Amazing experience in architectural masterpiece place and outstanding yoga master Victoria with careful and individual approach to new and master level participants where you will get this special vibes which you won't forget. Highly recommended!

-Nazar G.



 Trustpilot

 SCAN ME