

# THE HEROINE'S JOURNEY

Empowering our inner magic

TANIA FIERRO

2024 April, 28 - May, 2

WOMEN'S RETREAT

SCHWEIBENALP BRIENZ/CH



INNERLAND



## Why?

There is a longing for powerful conversations that question and deconstruct our old inherited world views and build a new way of being together.

We are invited to take the next step towards expanding our soul's journey. We are calling in women who wish to step into their power and their wisdom, fully embodying their divine feminine alignment. Making the conscious journey from the abandoned inner child to our Goddess energy. I invite you to stop playing small as a way of protection internally and externally, emotionally, intellectually and spiritually and fully embrace life in your unique way. I invite you to deeply listen to those parts of ourselves that we have forgotten.

Through The Heroine's Journey, The Divine Feminine, and the integration of the feminine and masculine energies within: What does it mean to connect to her divine presence and wisdom within? To live her love: as Earth, as Spirit, as Body. How does she fully embody love? The kind of love that dissolves ego and looks closely into pain, and the ways we have forsaken, abandoned this part of ourselves as an exchange for some form of perceived limited success.

This adventure will embody the study and incorporation of a rebellious and unflinching Self-love, a deep form of courage and a wicked humour. It's an opportunity to reconnect, to harvest, and share our wisdom; to embody the feminine wisdom we are and take our seats as fully integrated beings in our unique way.

This course is about reframing how we've misunderstood and starved our female source, wisdom and effortless power. It is about noticing the ways we have denied our own beauty and power and how to reclaim it, embrace it and let it guide the next stages of our journey to freedom and wholesome being.

Are you feeling called to step into a world nourished by your gifts, boundless freedom as you lead your life's values and passion from the depths of your magic?

We invite you to join us on this transformational journey. The practices and resources of this container will support you deeply in all areas of your life. Whether you are experienced or a beginner, this deep dive into yourself is for you.

**Sign up to start this life-giving journey.**





## Here is an outline of the program:

- Embody the spirit of inquiry that moves through you; enjoy your life's harvest and becoming an elder.
- Let's talk about how self-love and grounded courage look like for you in this next phase of your life.
- Remember the force that we have forgotten. Enjoy your harvest. Plant new seeds.
- Honour the power of our sexuality and capacity to create in so many ways.
- Recognize the traits of the wise Zerospace within you. Acknowledge what you haven't activated yet. Get comfortable and excited with the mystery of the unknown.
- Find laughter, light, and joy behind life's challenges.
- Rebirth, renew and realign yourself in every moment.

Every session will be a deep dive to learn and experience how IBC (Inquiry Based Coaching) and IFS (Internal Family Systems) support our internal challenges. We will co- create a powerful container of trust, support, and grounded delight. To be able to love stronger and wider than ever. Let's move forward towards freedom, trust, openness, deep self-love, inner connection and clarity

In addition you will be able to embody and explore your experiences even more through bodywork sessions such as continuum, 5rhythm and ecstatic dance.

**“I deeply believe that we need to talk about love, self-love way more than we do. The love we think we know and the one we can still discover and expand way more internally. This is not about gender it's about a force we need to recall and remember in all of us.”**





# INNERLAND

**Tania Fierro, MA | Founder & CEO | [tania@innerland.com](mailto:tania@innerland.com)**



I founded the Innerland Institute, in 2003 based in North Vancouver, Canada. I'm the co-creator of the IBC (Inquiry-Based Coaching) method. A powerful self-awareness methodology with which I share helping individuals and high-profile organizations to undo repetitive, unconscious, destructive, and stressful patterns that get in the way of talent, clarity, empowerment, inner alignment, and success.

I offer one on one coaching, conferences, workshops, and trainings in Canada, the USA, Mexico, and Europe for three decades.

I hold a BA and MA in applied philosophy. I am a Philosophical Counselor and a member of APPA - American Philosophical Practitioners Association in New York. I have completed the Applied IFS Therapy program from the Adler Graduate School in Toronto. I served as director for The Institute for The Work in Los Angeles, CA and director of Human Rights Sector for Tibet House. I was a participant in the 1988 Seoul Olympic Games (sailing), Philosophy professor, as well as a dedicated practitioner of several wisdom traditions such as Mahamudra, Dzogchen, and Advaita.

I am a lover of nature, avid dancer and mother of two amazing young men.

**Corinna Münzberg | Innerland Coach | [cm@corinna-muenzberg.com](mailto:cm@corinna-muenzberg.com)**



Corinna is the founder of the **WE**-Academy for **W**omen's **E**mpowerment in Lucerne. IBC™ has become a way of being and living for her to connect with her untamed true core, her feminine essence and living her deepest truth. As a life coach she helps women to dissolve selfdoubt and fear and unleashing their full potential. She encourage them, to fully shine their light and discover the magic of the embodied sacred feminine. Her mission is that every woman can feel that she is whole, valuable and beautiful, exactly as she is. To encourage women to stepping in their full greatness and creating life that is in deep alignment with their destiny.

She loves beauty in all it's existing expressions, dancing in nature, traveling around the world and creating heart homes who makes people feel joyful, nurtured and connected.

# 2024 Apr 28 - May 2

## Zentrum Schweibenalp, Brienz

The Schweibenalp Center is an energetic power place, located in the Bernese Oberland at 1,100 meters, with a view of the turquoise Lake Brienz. Surrounded by a mighty mountain landscape with lots of forest and meadows. Delicious vegetarian food, some permaculture gardens, a meditation temple and a magic place for fire rituals offer a special ambience for our retreat.

### Location for direct booking of overnights including full board:

Zentrum Schweibenalp  
3855 Brienz, Switzerland  
+41 (0) 33 952 2000  
info@schweibenalp.ch

### Contribution:

5 days Seminar, CHF 720.-  
(early bird until 22.02.2024: CHF 670.-)  
April 28, 17:00 - 22:00  
April 29 - May 1, 9:00 - 22:00  
May 2, 9:00 - 13:00



4 nights in single or shared room 2-6 pers with shared bathroom/toilet, full board including water or tea, snacks in the breaks

Single room: CHF 160.- (640,-)

Double room: CHF 135.- (520,-)

Multi-bed room: CHF 121.- (484,-)

In own tent: CHF 87.- (348,-)

In own camper: CHF 102.- (408,-)

### Registration retreat with:

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