

7-DAY LUXURY RETREAT
LEARN: LUCID DREAMING

CALMING PROGRAM

HANDE SIĞMAN

DIVAALEE.COM

7-DAY RELAXATION

DAY 1

Mindful Arrival

DAY 2

Infusion Awakening

DAY 4

Emotional Freedom

DAY 5

Creative Expression

DAY 6

Mindful Culinary Experience

DAY 7

Inner Reflection and Farewell

ABOUT

HANDE SIGMAN

Handè Siğman.

Award-winning artist. Mindfulness coach. Founder of divaalee. Handè Siğman is a self-made entrepreneur specializing in stress reduction products and storytelling, owning the company divaalee, offering luxury infusion, and mindfulness sessions to promote calm and improve sleep quality, and writing science fiction novels exploring self-transformation themes.

divaalee.

Handè Siğman's brand is a captivating world of immersive experiences, where iconic characters come to life to promote positive values, and a commitment to creativity takes audiences on a journey of stress-reducing novels



and calming infusions, delivering high-quality content worldwide that captures the imagination and touches the hearts of people of all ages, cultures, and backgrounds.

Coaching & Event.

Embark on a journey of self-discovery with a mindful dance, allowing your body to move and flow to the rhythm of your breath, followed by an infusion tasting that awakens your senses and brings a sense of calm to your soul, then join a conversation about emotions evoked by Handè Siğman's science fiction novels, exploring the depths of human experiences and connecting with others in a meaningful way.

1. MINDFUL ARRIVAL

On Day 1, the 3-hour session begins with a mindful welcome by Handè Siĝman. Guests engage in a calming program including dance warm-up, expressive art, and an emotional intelligence workshop, setting the tone for an immersive experience.

2. INFUSION AWAKENING

Day 2 unfolds over 3 hours with an Infusion Awakening theme. Guests savor divaalee's exclusive blends during a luxury tasting, followed by a mindful session and a Handè Siĝman-led guided meditation, creating a harmonious experience.

3. EMOTIONAL FREEDOM

On Day 3, spanning 3 hours, the focus shifts to "Emotional Unraveling." Attendees delve into the emotional landscapes of Handè Siĝman's Sci-Fi novels, engaging in group discussions that explore profound human experiences within the themes.

DEEP
RELAXATION

OUR CALMING PROGRAM'S BENEFITS



Our luxury event that delves into the art of lucid dreaming bestows upon guests an unparalleled journey of enlightened relaxation. In an oasis of refinement, patrons are guided through techniques that invite them to access the dream world with conscious intent, nurturing a state of tranquil repose like never before.

The allure of lucid dreaming lies in its ability to offer mental escapades that rival the grandest of adventures.

As guests immerse themselves in this event, they are transported to a universe where creativity knows no bounds, awakening their inner artists, thinkers, and visionaries.

Within the luxurious confines of this event, attendees are led on an expedition of self-discovery. The dream realm becomes a canvas upon which the deepest desires, aspirations, and yearnings are unveiled, fostering personal growth and a profound connection with one's innermost being.

4. EMOTIONAL FREEDOM

During the 3-hour Day 4, "Nature Connection" takes center stage. Guests enjoy a guided nature walk, followed by mindfulness in nature, relaxation exercises, and a soothing infusion interlude featuring divaalee's calming infusion.

5. CREATIVE EXPRESSION

Day 5 unfolds over 3 hours, dedicated to "Creative Expression." A guided art therapy workshop, inspired by Handè Siġman's novels, invites guests to channel emotions through art, fostering self-discovery and culminating in a reflective discussion.

6. MINDFUL CULINARY EXPERIENCE

Day 6 spans 3 hours of a "Mindful Culinary Experience." Guests engage in a mindful eating class, embracing divaalee's holistic approach. They acquire stress-reducing recipes and relish a gourmet meal, enhancing overall well-being.

7. INNER REFLECTION AND FAREWELL

The final day, lasting 3 hours, is dedicated to "Inner Reflection and Farewell." Guests participate in a guided mindfulness session for self-reflection, share insights derived from the program, and bid adieu in a special event with Handè Siġman.

LUCID DREAMING



WHAT IS LUCID DREAMING?

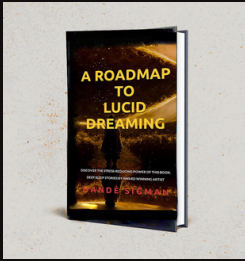
Lucid dreaming is a state where dreamers are aware they're dreaming and can sometimes exert control over their dreams, experiencing a vivid and immersive blend of consciousness and imagination.

PROGRAM HIGHLIGHTS

- Exclusive sessions with Handè Sığman, an award-winning artist and mindfulness coach.
- Luxury infusion tasting from divaalee's collection.
- Delve into emotional aspects through Handè Sığman's Sci-Fi novels.
- Nature immersion, creative expression, and culinary experiences.
- Mindfulness techniques for stress management and self-discovery.

DREAMFUL MINDFULNESS: LUCID LEARNING

Our event fosters serenity and self-discovery through mindfulness techniques, enhancing lucid dreaming potential. Participants cultivate inner peace and conscious exploration.



A ROADMAP TO LUCID DREAMING

Journey of lucid dreaming across three planets: Automaton, Halcyon, and Tangea.



RELAX INTO WEALTH

Late in the 21st century, professor of mathematics, Yigreg discovers a portal to different planets around the universe.



SIP AND SLEEP

Meet Moon Isy and Titam, a happy couple who reside in the bustling solar system of Automaton.

SCI-FI NOVELS

THANK
YOU!