

A woman with dark hair is smiling and hugging another person from behind. The person being hugged has long, light-colored hair. The background is a warm, golden light, suggesting a sunset or sunrise. The overall mood is warm and affectionate.

HIKE THE APPALACHIAN

A TRANSFORMATIVE HIKING RETREAT

FOR WOMEN WHO ARE CHILDLESS NOT BY CHOICE

MARCH 23-26, 2023



Hey beautiful,

Imagine embracing the life you have. Imagine being able to honor your loss of the dream of motherhood AND loving where you are in life, even though it's different than what you had imagined.

I know what it takes to redesign your life. I've done it multiple times after a cheating boyfriend, leaving the Netherlands, becoming a business owner, and now being childless after IVF. Trust me, it requires more than just time. It requires a community, a supportive environment, tools and practices, and new experiences.

Transformation is triggered through experiences and then reflecting on that experience. When you do that in a group, the effect can be exponential.

Being childless after IVF is not a one-and-done kind of thing. You don't get over it and move on. You will still have times when you wish things had turned out differently. That's ok. It's ok to grieve the life you didn't get. It's ok to be angry. But remember, even though you have to do it all by yourself, you don't have to do it alone.

This retreat will guide you to explore your desires, create new paths and insights, and build meaningful relationships so that you can redesign your plan A and create a life beyond childlessness. Taking a step forward doesn't mean this loss is no longer important. It means you are important too.

After talking to hundreds of women who are childless not by choice, I know that not taking action can leave you stuck in grief for decades, maybe even your whole life. Just existing and not living can lead to anxiety, depression and loneliness. And I believe that life is too freaking short for that!

My name is Rianna Hijlkema. I'm originally from The Netherlands, but currently living in Mexico. I'm a multi-passionate serial entrepreneur living a nomadic life for the past 11 years. Traveling to 40+ countries and working on four continents has taught me to approach life (and business) with resourcefulness and resilience.

But, nothing could have prepared me for infertility.

The first 4 years I've kind of wasted my life (even though I was laying on white sandy beaches, climbing mountains and 'living the life') on the inside I felt so terribly lonely. Nowhere could I find friends who understood the challenges I was facing. I looked for what I've now created for you. I'm here to guide YOU how to transform fear into faith and design a life where you thrive from the inside out both physically and mentally.

Grief has changed me but has not destroyed me. I've discovered new things about myself. I can build on strengths developed through adversity. I'm no longer my 'old self' but I'm still me. I face the future with confidence. Life is worth living because I can love and be loved.

And now I'm at a place in my life where I promise you I will not deal with anything I don't have to. I'm leaving, I'm unfriending, I'm unfollowing, I'm blocking, and doing anything I gotta do to not deal with people & situations where I'm not respected or valued. My peace is my priority. And I'm very much looking forward to seeing you do the same.. it's called love.. self-love.

With love, Rianna

JOIN ME & 7 WOMEN ON A 4-DAY FOREST BATH

March 23 - 26, 2023



Research has shown that trauma gets trapped into our bodies.

Emotions that aren't dealt with can affect the way you think about yourself, how you deal with stress, your physical well-being and your relationships with others.

One of the ways to release this tension and repair your nervous system is intentional movement.

Nature is healing in so many ways. Research shows that only 20 minutes in nature calms your heart rate, slows down your breathing, decreases your cortisol (stress hormone) levels and restores your mind.

After 3 days your prefrontal cortex (the part of you that's in charge) relaxes. It resets! So it helps you to think clear and be more creative.

www.RiannaHijlkema.com

DAY 1 - MARCH 23

Hike: 3 miles

Disconnect from everything that doesn't support your wellbeing and give yourself the time and space to recharge.

Day 1 is all about deeply connecting with yourself and others.



DAY 2 - MARCH 24 *Hike: 6 miles*

Notice your emotions, acknowledge your experiences, and allow them to move past you.

Day 2 is all about emotionally letting go of negative emotions in a healthy way.

DAY 3 - MARCH 25

Hike: 9 miles

Recreate a solid foundation. Roots form the basis of our personality, they define our being.

On day 3 we rethink our life, and explore how we can live in alignment with our personal values and desires.



DAY 4 - MARCH 26 *Hike: 3 miles*

Jump into a created life. Wings give us the freedom, to go out in the world and explore new things.

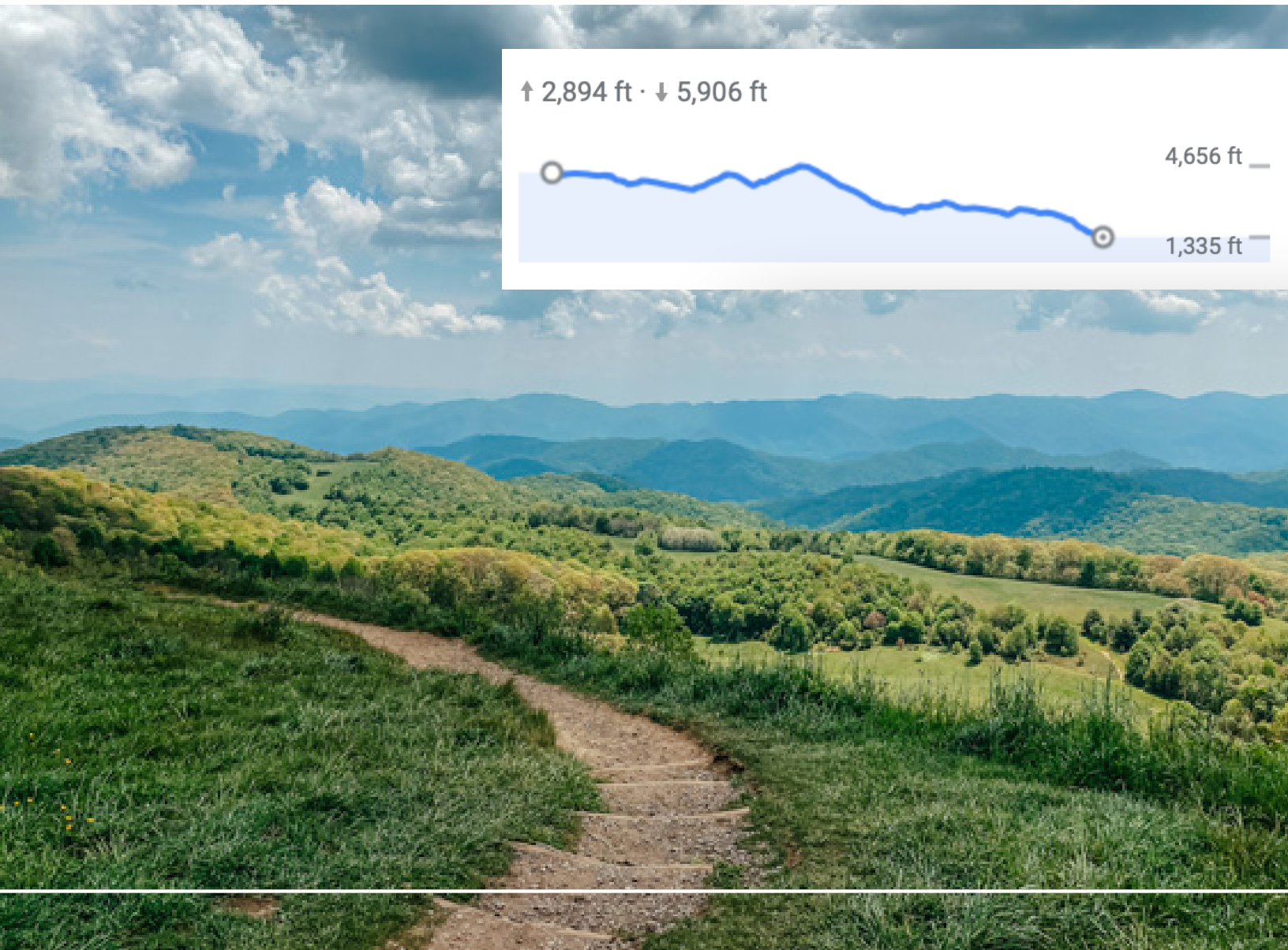
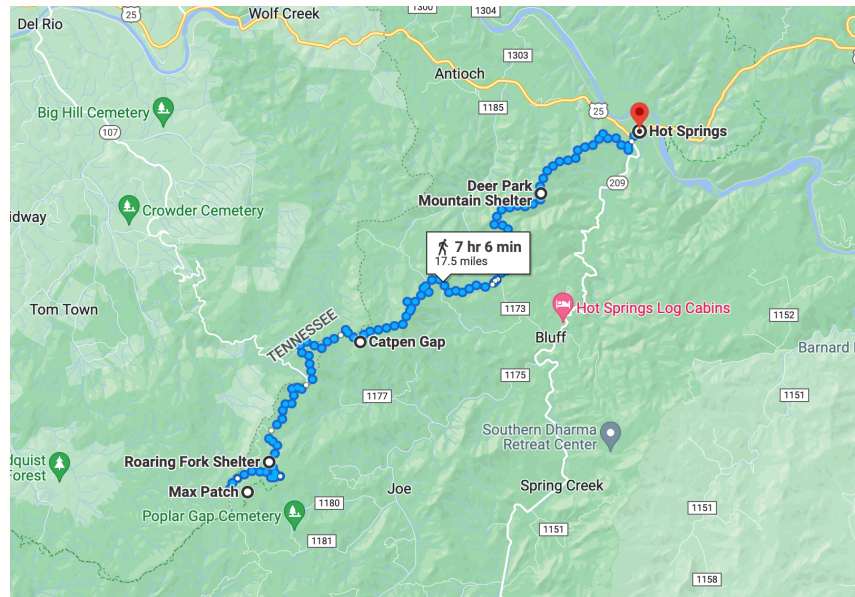
On day 4 we express our innate curiosity, and discover new ideas and opportunities.

Our Route

THE APPALACHIAN TRAIL

We will start our hike close at the top of Max Patch. A 4,629-foot tall bald mountain with an incredible 360-degree mountain vista.

We will end our hike in the relaxing town of Hot Springs, North Carolina.



Our Support Team

CATHY SHARPE

Cathy Sharpe is a Grief and Trauma recovery counselor. She holds a Masters in Psychology, International Accredited Holistic Health + Mindset Counselor, & Integrative Medicine Practitioner.

Cathy will be there with us to provide effective, quality Complex Trauma Recovery, and support us in our own unique journey.




FRANÇOIS DE NEUVILLE

François de Neuville is a former commando-paratrooper, tsunami survivor, and certified high-performance coach. He's also my amazing husband and has been my rock throughout this whole journey.

François will be with us to set up the camp, prepare our meals, provide first-aid and make sure we have an incredible experience.



A woman with long brown hair, wearing a white long-sleeved shirt and white pants, is walking away from the camera down a path in a forest. She is holding a light-colored hat with a dark band in her left hand. The forest is filled with tall trees and green foliage, with sunlight filtering through the leaves. The image is framed by a white grid.

Affirmation:
**"I give myself permission
to stop and breathe."**