

## About me

Hello, I'm Marlies - a passionate companion for inner transformation, a nature lover and, together with Andrea and Daniel, the founder of this special retreat in Panamá.

My journey did not begin on a tropical sandy beach, but in the midst of everyday stress, bureaucracy, routines and the faint inkling that there is more waiting for me. More depth. More connection. More life. This longing led me on my own path of healing, self-discovery and inner freedom - and ultimately here, to Panamá.

Today, I help people to get closer to themselves again, to release conscious and unconscious blockages and to step into their power - embedded in the breathtaking nature of Central America. In my retreats, I combine well-founded methods from coaching, mindfulness and bodywork with a safe, warm space for genuine encounters.

I firmly believe that when we allow ourselves to pause, listen and dare to let go, magic can happen. And that is exactly what this retreat is for.

I look forward to welcoming you here.

From heart to heart -

Marlies

## My professional background

I graduated with a degree in Educational and Social Science from University of Münster, Germany and worked for many years as a qualified teacher / sozial worker. I was able to accompany people on very different life paths - including young adults from socially marginalized groups, people with traumatic experiences and clients with chronic mental illnesses. These experiences have touched me deeply and fundamentally shaped my work.

Since 2009, I have been working with people in change processes in my own practice - based on an attitude of mindfulness, appreciation and depth.

My therapeutic qualifications include:

- Clinical hypnotherapy
- EMDR (Eye Movement Desensitization and Reprocessing)
- EFT (Energetic Psychotherapy)
- Solution-oriented systemic therapy
- Imaginative trauma therapy according to Prof. Luise Reddermann and Inner Child Therapy
- Family constellations according to Bert Hellinger
- Client-centered conversation therapy according to Carl Rogers
- Hawaiian bodywork
- as well as various spiritual trainings to activate the self-healing powers

All these approaches flow intuitively into my work - depending on what you need at the time. Because real transformation happens where expertise is combined with heart, intuition and a safe space.