

SLOW LIFE ENTREPRENEUR RETREAT

A Transformational 7 day entrepreneur & wellness retreat
in Hiriketiya, Sri Lanka | 1st-7th December, 2025.



WHO IS THIS FOR?

This retreat is designed for professionals & creatives at a crossroads.

You've chased "success by social standards" running after careers & paychecks. But deep down you feel that something is missing. You're seeking clarity and a change – to redefine "success on your own terms".

You'll fit right in if you are a:

- **Burned out mid career professional**

You're tired of the 9 to 5 grind, feeling stuck, craving for purpose. You wonder *"how to start something of my own with freedom, flexibility & financial independence"*.

- **Struggling freelancer**

You're chasing clients, wearing too many hats and feeling exhausted. You search *"how to get consistent clients"* or *"how to build structure & balance into my work"*.

- **Unfocused Digital nomad**

You're feeling isolated on the road, looking for guidance. You look for a supportive community and *"a system to build a sustainable, location-independent business."*

WHAT CAN YOU EXPECT?

A week to pause, realign, and redesign your life and business — guided by a mix of mindful wellness, practical strategy, and simple structure. Think less hustle, more intention. Leave with inner clarity and an actionable plan.

1 Rejuvenate your mind & body

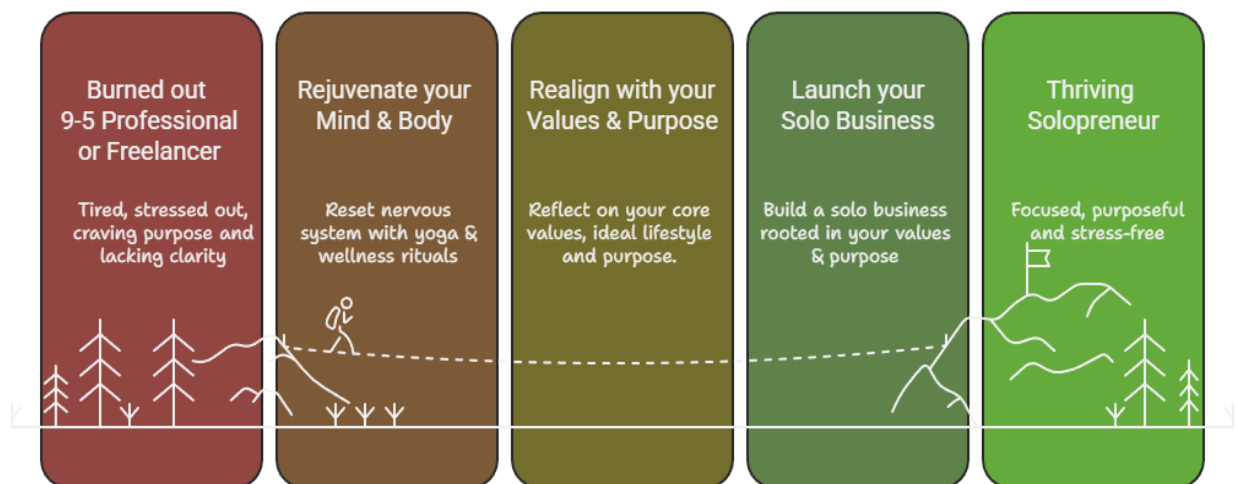
Start with a nervous-system reset — slow paced yin-yoga, breathwork, and grounding rituals designed to release stress and bring you back to calm focus.

2 Realign with your purpose & values

Through guided reflection, journaling and open conversations, uncover what truly matters. Get clarity on your core values, ideal lifestyle and what kind of business supports that.

3 Launch your one-person business with structure

Build a one person business rooted in your values and connected to your purpose. Guided step-by-step coaching based on our signature **B.O.S.S. (Brand, Offer, Service, System) flywheel** – a coaching framework designed specifically for solopreneurs.



HOW WILL YOU GET THERE?

This isn't another "business bootcamp" or "yoga retreat" – It's a practical and transformational reset — built around three pillars : **clarity, structure and balance.**



1 Get Clarity — Find direction that feels just right

Before you build anything, you need to identify and reconnect with what truly matters.

- Use our **Clarity Canvas** to map your values, lifestyle priorities, and purpose — the foundation for everything that follows.
- Create your **Unique Value Proposition Map (UVP Map)** to define who you help, how you help them, and what makes you different.
- Leave with a crystal-clear vision of your values, purpose, and business direction. So that every next step feels aligned and grounded for you to grow sustainably.

2 Build Structure — Craft your ideal One Person Business

Turn your clarity into an actionable business roadmap using our **B.O.S.S. Flywheel Framework**. It's a flywheel where each engine feeds the other built for simplicity & scale.

- **B – for Brand Engine:** position & build an intentional brand around your niche and a simple, effective content strategy to grow your target audience.
- **O – for Offer Engine:** craft an irresistible offer with compelling copy and clear pricing. Build a high converting landing page to attract your ideal clients.
- **S – for Service Engine:** service design a smooth, repeatable client experience that builds trust, delivers exceptional value and leads to stellar reviews.
- **S – for System Engine:** simplify your tech stack and setup tools & routines to run your solo business calm, consistent, and stress-free.

Walk away with your personalized, repeatable B.O.S.S. roadmap to **launch, refine, and scale your one-person business** — without overwhelm.

3 Find Balance — Design your perfect work-life balance

Balance isn't a bonus — it's the foundation of everything we do here.

- Morning **yin-yoga, guided breathwork, and reflection sessions** help you slow down and reconnect with your mind & body.
- Learn **tools to avoid burnout, reduce stress** and mindfully redesign your weekly flow for deep work, real rest, and creative renewal.
- Take home your **personalized wellness toolkit** — simple slow-living practices to keep your mental clarity strong and creative energy flowing long after the retreat.

WHO ARE YOUR COACHES?

	
AJ Fernando	Magda Sokolović
<i>Solopreneur Coach Founder of Slow Life Ventures, Legacy Boutique Author of Modern Solopreneur Playbook</i>	<i>Certified Yoga Instructor Yin-yoga Expert Web Developer Founder of SheDevelops, Berlin Balance</i>
Mission : Helping burnt out professionals to escape 9-5 grind & build a solopreneur business aligned to their purpose.	Mission : Helping female founders to grow online with confidence and practice mindful movement & self-awareness.
LinkedIn Legacy Slow Life	Linkedin SheDevelops BerlinBalance

From Burnout to Balance — Their Journey of Redefining Success

A few years ago, AJ & Magda were chasing the kind of success everyone talks about — big companies, higher paychecks, ambitious goals & endless hours. Until it all caught up with them. Both found themselves drained, burnt out, questioning what success really meant.

In rebuilding their lives, they began asking new questions – about purpose, freedom and what truly matters. Those questions became the seed of “**Slow Life Entrepreneur**” – a philosophy & community built on belief that work should serve your life, not consume it.

They know the feeling of waking up exhausted, stuck in self-doubt and financial uncertainty — and the courage it takes to rebuild with clarity and intention. Now, through mindful business design and restorative wellness, they help others do the same. They envision a world where creative individuals define success on their own terms. This retreat is their invitation to pause, breathe, and design a life and business that feel calm, purposeful, and free.



THE SLOW LIFE ENTREPRENEUR RETREAT OFFER

Dates: December 1 – 7 2025.

Location: Slow Life Coliving, Hiriketiya, Sri Lanka.

Seats: Limited to 12 (to guarantee focused attention in a smaller group).

COMPLETE 7 DAY RETREAT PASS: €990 (Rs. 346,500.00)

EARLY-BIRD OFFER: €850 (Rs. 297,500.00) (until 31.10.2025)

What's included?
1. Your personalized <i>Clarity Canvas</i> (your purpose & values).
2. Your fine tuned <i>UVP Map</i> (niche discovery & unique value proposition).
3. A tailor-made, repeatable <i>B.O.S.S. Flywheel</i> to run & scale your business. ✓ Brand design + positioning + content strategy (Brand engine) ✓ Offer creation + funnel building (Offer engine) ✓ Client onboarding + service design + testimonials (Service engine) ✓ Simple tech stack + ready-to-use AI tools & templates (System engine)
4. Your personalized wellness toolkit to maintain balance long after the retreat.
5. 7 days of guided business & wellness group coaching sessions.
6. 2 x 1:1 individual coaching sessions.
7. All session materials, tools & templates.
8. Daily yin-yoga classes, breathwork & reflection sessions.
9. Supportive group of like-minded entrepreneurs & accountability partners.
10. Daily breakfast & lunch (fresh, nourishing, locally inspired).
Bonus Inclusions
• Island exploration day with a surprise adventure experience.
• A farewell dinner party to celebrate the wins.
• Post-retreat 90 day mastermind membership for continued growth.

WHERE IS THE RETREAT?



Hiriketiya is a soulful little nomad village on the south coast of Sri Lanka.

Something that truly stands out here is how the locals + nomads, nature, and culture weave together into a cozy & refreshing community feeling.

There's something magical about this small stretch of coastline – a raw, laid back island rhythm that is meant to

slow you down. Couldn't think of a better place for the idea behind this retreat.

WHERE DO YOU STAY?



Slow Life Coliving in Hiriketiya is a hub for digital nomads, remote workers & entrepreneurs who enjoy slow living in nature, connected to a community.

This beautiful space is designed with wild life inspired rooms, a cozy co-working space, a palm-fringed garden and plenty of hangout areas.

To respect different room preferences of the retreat participants, room price

is not included in the retreat offer and needs to be booked separately.

- Deluxe Premium €392 · Deluxe Plus €320
- Comfort XL €299 · Comfort €270 · Comfort Shared €176

All rooms subject to availability; double, single & shared options available. You can check the rooms' details and book through our official partner:  [Nomadico Hiriketiya Coliving](#)

Contact us for more info and to reserve your seat

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