

Soulful Journeys

with STEPHANIE ZUBIRI

THE GODDESS WITHIN

A RECLAMATION OF SOFT POWER, THE DIVINE
FEMININE & UNCOVERING YOUR MYTHIC LIFE

SEPTEMBER 15-19, 2025
NAMIA RIVER RETREAT
HOI AN, VIETNAM



ARE YOU READY TO LIVE A MYTHIC LIFE?

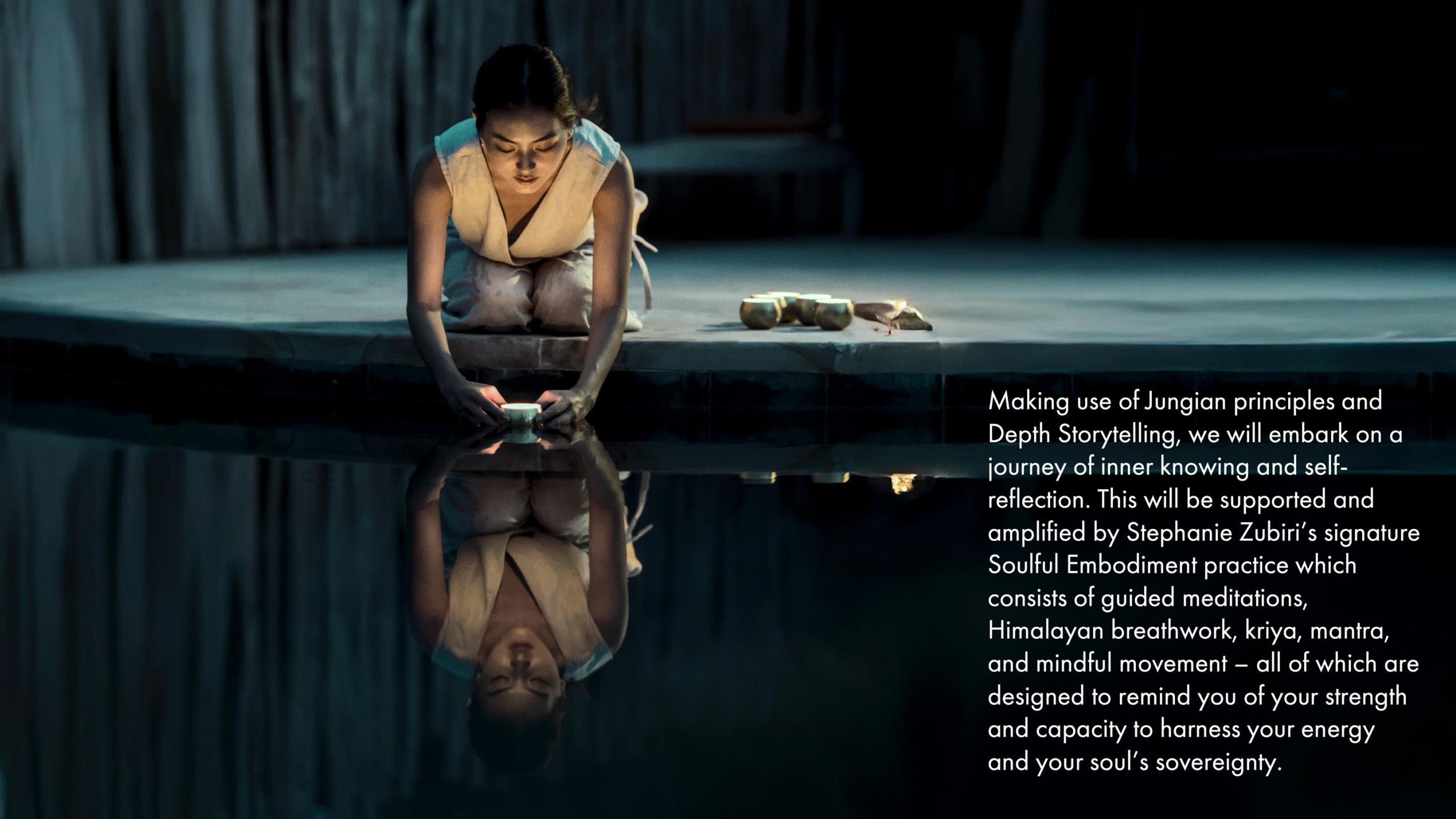
Reclaim the narrative that is rightfully yours. This retreat is for anyone looking to reconnect with their divine feminine and tap into the nurturing, radiant power that lies within us all.



An aerial photograph of a river with a dense line of palm trees on the left bank. Five small, round wooden boats are on the water, each with a person inside. The water is a calm, greenish-grey color.

Embark on a sensual escape into the Vietnamese countryside, along the palm lined shores of the Thu Bon River, where you will nourish your soul through a variety of curated experiences and practices that allow you to drop into yourself and rekindle your inner vibrance.

Explore the different goddess archetypes that may have taken hold over your life and find ways to access and balance these divine feminine energies.



Making use of Jungian principles and Depth Storytelling, we will embark on a journey of inner knowing and self-reflection. This will be supported and amplified by Stephanie Zubiri's signature Soulful Embodiment practice which consists of guided meditations, Himalayan breathwork, kriya, mantra, and mindful movement – all of which are designed to remind you of your strength and capacity to harness your energy and your soul's sovereignty.



Prepare your body for your journey and allow your senses to be awakened by traditional holistic healing rituals, daily treatments, and a nourishing cooking class.







Explore the palpable spiritual connection that the local culture has to nature and its surroundings through temple visits, meditative nature walks, and lantern wishes on the river.



Named Best New Country Retreat
by *Town & Country USA*

Nominated *Travel + Leisure* Luxury Awards
Asia-Pacific 2025 for Best Hotel Spa
and Best Upcountry Hotel

Nominated *Condé Nast Traveller's*
Reader's Choice Awards 2025
for Best Destination Spa

NAMIA RIVER RETREAT

The resort offers the perfect setting for this soulful escape. Nestled on the quiet Cồn Ba Xã Islet in Hoi An, amidst lush palm forests and the calming Thu Bon waters, this brand new luxury boutique property welcomes guests into private pool villas for a transformative stay integrating body, mind, and spirit.

www.namiariverretreat.com





Nipa Pool Villa

"I found it memorable and touching to listen to everybody's struggles, and I found it valuable and even more touching that Stephanie took the time to give each of us such thoughtful, meaningful and loving messages and reminders of what the lesson is in what each of us we are going through." - Stephanie S.

"Stephanie gives power back to people and it's such a beautiful thing to witness & experience. I can finally see again what she sees in me! Thank you Soulful Journeys for reminding me of my power!" - Sandy R.

"Keeping all Stephanie's words and advice in my mind." - Issa P.

"It was such an amazing experience and I truly am grateful for this journey with Stephanie and all these awesome women!" - Vianca F.

"Grateful for Stephanie's effort in organizing this retreat, I believe I have found myself again. Prior to the retreat I was seeking for enlightened detachment and be more into meaningful engagement, healing practices and reflection. In this retreat, I was able to grow mindfully, learning to embrace a slower pace, cultivate wisdom, treasure simple joys and ensure that every moment holds significance. Thanks for allowing me to be part of Soulful Feast Retreat Vietnam." - Harlet L.

"Stephanie is an amazing guide and teacher; I couldn't have been happier." - Maria P.

"Didn't know what to expect but was pleasantly surprised! I really enjoyed and would recommend." - Solenn H.

"Stephanie created a space where healing, connection, and transformation could unfold naturally. Traveling with her felt intentional, heart-led, and rooted in deep purpose. I would travel with Soulful Journeys again because I trust the way Stephanie holds space, the way she listens, and the way she leads—with humility, power, and grace. She doesn't just guide retreats; she guides people back to themselves." - Esperanza G.

"In times when people are going through things, it's nice to be surrounded by supportive energy. Stephanie was able to make sure everyone was seen and heard, and in such fragile states, I feel that is very important." - Natalie T.

"I was worried because it was my first time, but I loved it!" - Jet A.

THE GODDESS AWAKENING - MARCH 2025



RATES & INCLUSIONS

Four nights at Namia River Retreat on Twin Sharing basis in a private Nipa Pool Villa on an islet on Thu Bon River

All-day Breakfast and complimentary mini-bar

All meals mentioned in the itinerary

All activities, practices mentioned in the itinerary

Daily Wellness Journey /Person/Night (Herbal Steam & Traditional Spa Therapy for 90 mins)

Daily Cultural Experiences (Bamboo Bicycle Trail & Other Activities Calendar)

Personal Hoi An Hosts (Craft your Personal Story via App or In-person)

Complimentary scheduled shuttle boat to Hoi An Ancient Town

USD \$2,800 ++ Per Person *

Special Early Bird Rate USD \$2,500++ Per Person **

* Due to the intimate nature of the retreat, only 16 slots are available

** Valid for bookings until July 1, 2025



ITINERARY

MONDAY SEPTEMBER 15

Arrival

TUESDAY SEPTEMBER 16

Breakfast and morning activities at leisure

9am: Morning Session

Welcome Circle – We open our retreat with a heartfelt cacao ceremony, honoring each other's presence and setting our intentions.

The Goddess Within – Exploring the goddess archetypes based on the work of Jungian Analyst, Jean Shinoda Bolen.

Discovering the goddess energies within us.

The Dark Goddess – Exploring duality and shadows within us through active imagination and guided meditation. Learn to acknowledge and embrace the darker aspects of ourselves and hold space for it. What can it teach us and how can we transmute this to light?

1:00pm-3:30pm: Lunch and Mid-Day Break

After a lunch all together, take a moment to enjoy Namia's beautiful property. Go for a swim, unwind in your villa or indulge in your daily complimentary treatment.

3:30pm: Afternoon Session

Anima Tierra Soulful Embodiment – Release and heal by connecting with the earth. Clear and rebalance our root chakras and process ancestral and generational trauma that may arise.

5:30pm: Release to the Fire Ceremony

6:00pm: Dinner Cruise

Breaking bread at the end of the day symbolizes camaraderie and nourishes the spirit. Enjoy the culmination of the day with a beautiful dinner cruise on the Thu Bon River.

ITINERARY

WEDNESDAY SEPTEMBER 17

7am: Morning Practice

Sun + Moon Practice – Morning meditation, breathwork, and light asana to integrate light and shadow. Preparing ourselves to receive.

8:30am: Breakfast and morning activities at leisure * *

* * Option to visit a local healer at an additional surcharge. To be booked with resort directly.

11am: Cooking Class and Lunch

3pm: Excursion to Hoi An — Visit Thien Hau Temple, the Goddess of the sea, river, children, and abundance.

7:30pm: Dinner

Dinner in town at leisure (personal cost) or at resort (included in package)

THURSDAY SEPTEMBER 18

Breakfast and morning activities at leisure

9am: Morning Session

Reclaiming our Mythic Life – A deeply reflective journey tapping into our creative selves and writing our own legends. Using art, music, writing, and imaginative work we reclaim our narratives and access the power of our own unique stories.

Soulful Embodiment: I Am Divine Love & Sacred Awakening – Embrace your divine feminine and awaken your inner goddess by channeling that unique energy, that special light that lives within us. A fire that is fueled by love. Love that is sacred and blooms from within.

1:00pm: Lunch and Free time

Use this time to unwind and enjoy the resort. Leaving the resort is not recommended.

6:30pm: Private BBQ Dinner and Proclamation Ceremony

ITINERARY

FRIDAY SEPTEMBER 19

INTEGRATION & DEPARTURES

A slow morning is encouraged for integration.

Surrender to your body's need to integrate the expansion of spirit. Unwind with a special wellness treatment, meditate by the riverside or go for a mindful walk. Journal prompts will be provided for morning reflections.

Use your last day to enjoy the rest of the resort or Hoi An's wonderful offerings.

Breakfast is included in the rate. Other meals are at your own discretion.

Option to reserve private one-on-one card readings and Reiki sessions with Stephanie. *

* These are on a first-come-first-served basis and must be arranged prior to departure at an additional surcharge.

Soulful Journeys
with STEPHANIE ZUBIRI



STEPHANIE ZUBIRI

AUTHOR, JOURNALIST, EDITOR, TELEVISION HOST,
PODCASTER + DIGITAL CONTENT CREATOR

I am an author and travel, food, and lifestyle journalist with an active online and social media presence. With 68,000+ [Instagram](#) followers, she is one of the Philippines' top social media influencers with a highly targeted and engaged audience. Stephanie collaborates often with luxury brands like [Mercedes-Benz](#), [Land Rover](#), [Tiffany](#), [Dior](#), [Hermes](#), [Evian](#) and more.

Passionate about world cultures and food, my bestselling travel-inspired cookbook *Feast With Me* won the Philippine National Book Awards for the Best Book in the Food Category (2018) and was also a finalist for the World Gourmand Book Awards (2017).

I am former Editor of *Tatler Homes Philippines* and is a Senior Writer for *Tatler Philippines*. My column, "Soulful Feasts", in the *Philippine Star* has been running for more than a decade and I am a regular contributing writer to *Travel + Leisure Southeast Asia* and write often for international titles like *National Geographic*, *Departures*, *Centurion*, *CNBC Global Traveler*, *BBC Travel*, and more.

I am a popular host and moderator for live events both in the Philippines and internationally. I also host two [television shows](#): "Modern Living TV" which, at 12 seasons, is the longest continually running lifestyle show on Philippine television and "Let's Eat!!", a spinoff of my book "Feast With Me", that is currently airing as a segment on *Signal One News*.

In 2021, I was invited to be a [TEDx speaker](#), delivering a talk under the theme "Innovation in Isolation" where I explored the insecurities and mental health issues associated with the world of social media and the challenges related with staying relevant and economically solvent, particularly during a time of extreme pandemic isolation.

And in 2023 I launched my "Soulful Feasts" platform that encompasses soulful journey retreats, motivational talks, a personalised Reiki practice, Soulful Living coaching, women's circles, and integrated body, mind, and spirit experiences that use a variety of techniques including mantra meditation, Himalayan breathwork, Jungian depth psychology reflection and mindful movement. My "Soulful Feasts" [podcast](#) is dedicated to holistic nourishment, encompassing well-being, relationships and personal growth. In this series, I hold meaningful conversations around health, mind and movement and family and connections together with experts and resources well-versed in their respective fields.

I also integrate my skills as a certified Reiki practitioner and Meditation Coach into wellness workshops, motivational speaking engagements, and one-on-one sessions with the hopes of encouraging people to cultivate a deeper relationship between body, mind, and spirit.



Soulful Feasts

with STEPHANIE ZUBIRI

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