

Silence retreat, 5 days, €495.00

This retreat has a limited programme so you can take all the time you need to turn inwards.

When you communicate verbally, a lot of unwanted noise comes along with it. By being still, you communicate only with yourself. When you are quiet, you can slow down so that you can make space for inner peace, emotions and insights. After you arrive and we all get acquainted, silence begins after dinner. Mobile devices are not allowed during the silence retreat (except for emergencies).

#### Programme

We start each day with some form of movement or meditation. During these 5 days, you will be invited to just be, meditate, walk and connect with nature and your own intuition in silence

Breakfast, lunch and dinner take place in silence. After dinner, if you feel the need, there is space to talk with others (between 19:00 and 21:00). This takes place in the Kota and we will be present for personal guidance if required. This could be a conversation, a healing or whatever you feel is needed.