

Retreat: (learning) to heal with nature, 5 days, € 795.00

This retreat is particularly low priced so you can get acquainted with energetic work.

A short retreat where you learn to heal yourself but also others. Learn to listen to the wind, work with nature and your own intuition under the guidance of Mother Earth.

You will work with your own intuition, the spirits and elements from nature. Think stones, herbs, mother earth and birth animals. Recurring retreat in June, July and August.

Programme

Day 1:

Arrive, land, get to know each other , ground, opening of the circle

Day 2:

What is needed :

Each participant, through guided visualisation, takes an inner journey to explore the areas that need to be healed. After lunch we do self-healing through movement, followed by meditation.

Day 3:

Healing together with nature: We start with a breath meditation after which we connect with our own energy. You learn to distinguish your energy and the other person's energy and make contact with your healing energy. After lunch you will learn the basic steps to give a healing and put them into practice. This day we will continue after dinner so you can also learn to work intuitively with stones and herbs.

Day 4:

Healing: We start with a meditation to connect with Mother Earth. Learn to listen to the wind and connect with your power animal and your soul sound. After lunch, work with the other person by giving

them a healing where you both resonate to the connection with mother earth. In the evening, there is space for self-reflection at the campfire.

Day 5:

After breakfast, we will do a closing group healing in which we connect our hearts on an energetic level and say goodbye to each other. We prepare for the physical journey back you will make and we close the circle. In the afternoon/evening you will leave for home again.