

Back to (your) nature intensive, customised. 5 days, € 1395,00

In this intensive retreat, you will have about 18 hours of counselling on average. We have room for 4 people, the duration is 5 days. There is a basic (group) program that is supplemented with the needs of the participants, i.e. tailor-made. This retreat includes 3 individual sessions per participant. An individual session can be a reading, a healing, a constellation, a trance or hypnosis session, a shamanic session or a trauma release session.

Program:

Day 1:

Arrive, get acquainted, have dinner together and possibly go into the sauna.

Day 2:

Explore your process, what you want to work on. Afterwards, there is space for silence and reflection while another person gets their first individual session. After that, it's your turn.

Day 3:

After breakfast we determine the course of the day. In any case, we will start as a group with a beautiful visualisation and from there we will organically proceed to the next step. After lunch, there will be time for a walk or space for yourself and the individual sessions will follow as the day before. In the evening, there is space for reflection but certainly also connection around the campfire.

Day 4:

Today, after breakfast, we will start the final individual sessions and for those whose turn comes later there will be a trance journey and time you can spend as you like.

Day 5:

After breakfast, you will each walk the medicine wheel with your own intention. This is the finale of this retreat. During the afternoon/evening you will leave for home again.