

Men's retreat. 6/7 days , €1095,00

In these 6 days we will work on themes such as vulnerability, being a man, intimacy, taboos and trust.

We do our best to have only men present as facilitators and spaceholders. However, Desiree will be present for facilitation. Ask, according to Norse mythology, was the first man on earth. Ask means Es.

Program:

Day 1:

Arrive, get acquainted around the fire

Day 2:

Being a man: What is that to you? This day we explore how you experience and see your manhood and how this image has been formed.

Day 3:

Emotions and vulnerability: Boys don't cry and: what have you inherited from your father and his father, the ancestral line. There is also space for silence and reflection.

Day 4:

Morning off: this morning is yours to choose. You can take time to heal, rest or schedule an individual session. After lunch we will do a trance journey to explore what you still need to let go of.

After dinner, it's time for connection and reflection around the campfire.

Day 5:

Bodywork and silence: "Walk-out day" through a silence walk followed by time for your inner world in the sauna.

Day 6:

Self-image and self-confidence: Self-healing and strengthening your ego.

To conclude this retreat, you walk the medicine wheel with an intention of your choice.

Day 7:

After breakfast, you can quietly pack up and prepare for the physical journey back. In the afternoon/evening you will leave again for home