

Women's retreat. 6/7 days, €1095,00

In these 6 days we will work on themes including intimacy, sexuality, (self)confidence, shadow work and trauma processing.

There are only women as facilitators and space holders. However, men will be present for facilitation. Embla, according to Norse mythology, is the first woman on earth. Embla means Elm.

Program:

Day 1:

Arrive, get acquainted, possible sauna

Day 2:

Being a woman: What is that to you? This day we explore how you see your womanhood and how this image is formed.

Day 3:

Rebirthing: Start at your beginning, what did you receive from your mother, her mother and mother earth. There is also time and space for reflection

Day 4:

Morning off: This morning you can fill in to your liking. You can take time to heal, rest or schedule an individual session. After lunch we will look at sexuality and the goddess in you

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

Day 5:

Healing for your inner little girl and the feminine wound. Cleansing ritual in the sauna

Day 6: Trance travel to release the last bits, followed by trance dancing to shake of all that is left from the trauma

Day 7:

After breakfast, you have time to pack quietly and prepare for your physical journey. In the afternoon/evening you will leave for home again.