

The Just relax retreat, 5 days, €545.00

Recuperate completely in nature after a year of work, school, being busy and surviving life. You can join the basic programme, or not, you decide You can book a nice healing or a reading. Prefer the city? Walking, or maybe to the beach? It's all possible and it's all not necessary.

Basic programme, all included:

Guided meditation/visualisation

Sauna/infusion ceremony

Walking/trance dance/movement

Medicine wheel

Modules, €37.50 per 30 minutes:

Aura healing (average 30 minutes)

Stone healing (average 30 minutes)

Chakra healing (average 30 minutes)

Angelic healing (30 minutes on average)

Sound healing (30 minutes on average)

Chakra massage (average 30 minutes)

Reading (average 30/45 minutes)

Trance journey (average 30 minutes)