# OCTOBER 18TH TO 20TH 2024 FRIDAY TO SUNDAY

# Journey Home

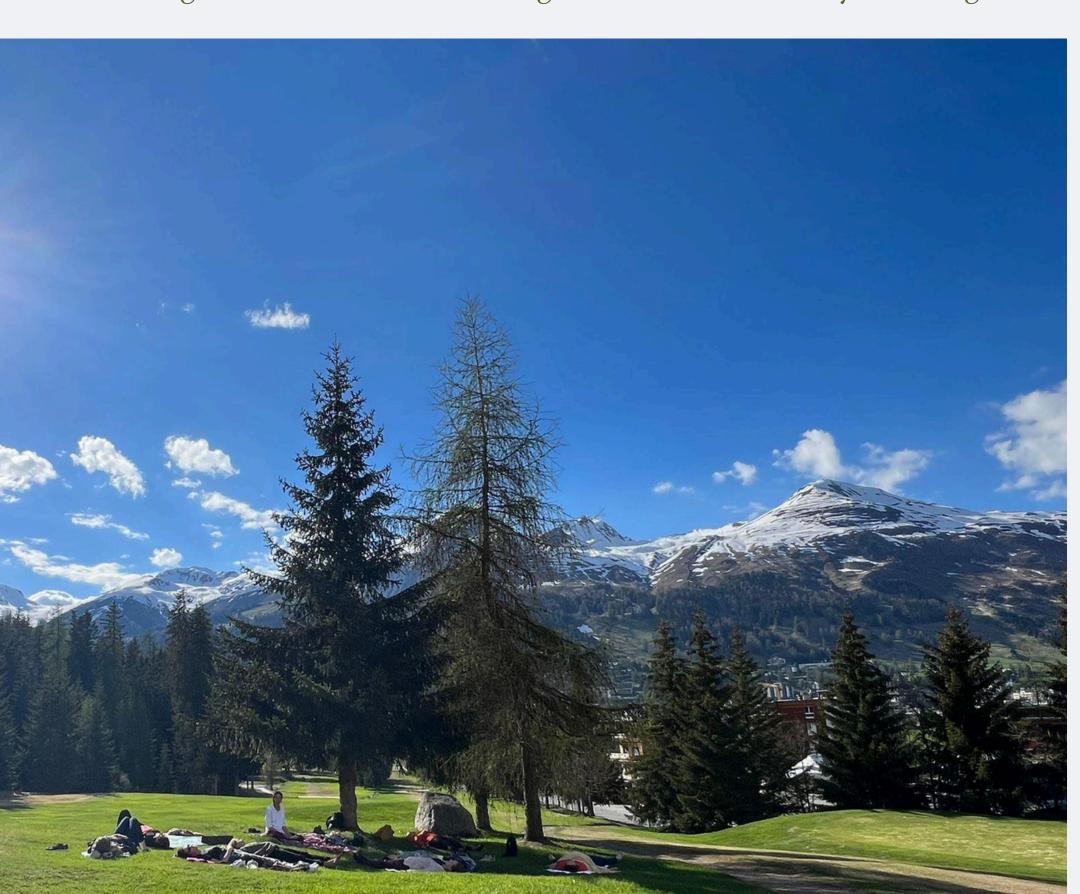
# An Autumn Mountain Retreat

Three days, two nights retreat with Myriam and Silje.

Unplug - disconnect from the distractions and noise, and let go like the Autumn leaves. Come home to calm, confidence and balance.

At the beautiful **Shima** retreat space, surrounded by rivers and forests in the mountains of **Davos**.

Nature immersion, walks, Yoga, Sound Healing, Forest Bathing, Dance, Meditation, Yoga Nidra, Community Sharing.



### Day 1 Friday October 18th

5pm Arrivals at Shima in Davos
Grounding Yoga &
Yoga Nidra
Dinner
Welcome Circle
Meditation





### Day 2 Saturday October 19th

Yoga & Yoga Nidra
Breakfast
Nature Immersion Walk
Picnic Lunch
Forest Bathing
Restorative Yoga
Dinner
Fire Ceremony

## Day 3 Sunday October 20th

Yoga & Yoga Nidra
Breakfast
River walk
Lunch
Closing Circle
2pm Retreat Ends



#### **Retreat Centre**

Shima is a beautiful wooden retreat centre in the Dischma Valley, right by a river and forest.

Nutritious delicious vegetarian food is served with vegan and gluten-free options.

#### **Retreat Facilitators**

Myriam and Silje are multi-modality practitioners passionate about helping people connect to their inner wisdom, purpose and peace to contribute easefully to a kinder, happier, healthier world.

Myriam supports people to come back to balance with nourishing yoga, yoga nidra, meditation, sound healing and nature connection.

**Silje** creates new realities for home, settlement and community in partnership with the natural world.

Retreat cost: 380.-

Sponsored solidarity spots available, please request this in your application.

#### Room & Meals at Shima:

Two nights full board 300.- in a single room 250.- in a double room (with a friend)

### **Contact**:

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