

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 ease-fully 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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