

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.-

Early bird 300.- till August 20th
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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