

CE: Self-Exploration in Nature

1-6 October 2023

Languages: EN, FR

Menu: Vegetarian

Teachers: Camille Benitah, Holly Niemela

Highlights

- 5 hours of guided practice per day
- Morning vinyasa yoga
- Journaling and Self Exploration
- Mindfulness Meditation
- Mandala drawing

Take a few days to sit, observe the world around you, explore the world inside of you, and reflect on how they constantly influence one another and move together.

The perfection you witness in nature, the beauty of it, the magic that comes from blooming and rebirthing, is also inside of you. And when you connect to that, there's no more struggle, you slowly come back to this place in yourself where it makes sense, where it feels simple and liquid, where you just know. You are magic, too.

Exploring yourself is so much like taking a walk in the forest and looking at everything that is there with curiosity and respect, receiving all that is present with love. And this is what we'll do together.

We store in ourselves our whole story, every experience you've been through is written somewhere in the tissues of your body. And while this is amazing in many ways, there are also some boxes you carry you don't need anymore. Through the body, the heart and the mind, we'll explore what is there, what you need to transform, what you need to release, and create some space for you to reconnect with your own magic.

I'll guide you to explore yourself every day through:

Yoga

Practice moving from the inside, come back to an organic and functional way of moving, reconnect to your deep sensations and increase the sensitivity of your body. Remember how it feels to be stable enough to safely open your heart.

Journaling

Practice writing as a healing process, create a space for yourself where you are safe to be and free to express what you feel and think and hold onto.

Experience the liberation that comes from putting your feelings on paper.

Meditation

Practice sitting with yourself and observe what is there, in your body, your heart and your mind. Practice receiving the moment and yourself exactly as they are and reaching a state of unconditional acceptance.

Hypnosis

Practice navigating through your different states of consciousness, from deep presence to daydreaming. Visit your inner child, your inner feminine and masculine, and reconnect with the best version of yourself.

Mandala drawing

Practice drawing as a self-expression process that brings together creativity and spirituality. Draw as a reflection of your own self while diving into a soft meditative state.

I've been exploring myself for as long as I can remember and it's been my most beautiful journey. I believe that self-exploration is the first step toward happiness. I look forward to share that with you. Camille

Relaxation activities

Sit in nature for some shinrin-yoku "forest bathing" or bathe in the river, sweat it out in the sauna, lie on your bed and listen to the sounds of nature, take long, slow, deep breaths perfumed with the essence of lavender.

Our days are highlighted by delicious and harmonizing meals to help reboot and revitalize your health. Using only organic or locally sourced products, we seek to have the highest quality food in terms of how it was grown or produced. The vibrational quality of food and beverage is of utmost importance to us.

Breakfast is a colorful buffet of a variety of products--from fresh baked bread, fruits, berries, fermented vegetables, to sprouts, smoothies and local eggs. At breakfast you serve yourself and may choose to eat inside or out. Lunch is a neatly packed light lunchbox to enjoy by oneself in the outdoors. We feel that lunch is the perfect moment to be in silence and on one's own if you so desire. Silence is also nourishing for the soul and allows a fresh perspective to develop in oneself.

Dinner is a festive affair at our large table that accommodates all guests and teachers together. Candles, lively conversation and a varied menu of local delicacies and specialities. Wine from the Douro or the Trás-os-Montes region is served every evening, if desired.. After dinner there's time to savor a glass of Port while watching the stars. At night we have almost no "light pollution" in the sky so expect a spectacular post-dinner show of twinkling stars when the evening sky is clear.

Investment

All cabins are based upon 2 person occupancy in single beds. We do not offer single supplements. If you want your own cabin, you will need to buy both beds. The one price, all-inclusive per person investment for a Curated Experience is 1500€. *The one price,*

all-inclusive per person investment for a Curated Experience is 1500€. Not included is approx 8% tax and all transportation. Please note we can arrange for you a pickup/dropoff at the Porto airport for an extra fee.