



NATURE RETREAT

INFORMATION

"Connect to nature and discover your
true self."

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OUR GOAL

At Ingwaz, our mission is to guide individuals back to their natural state, fostering a deep connection with nature and, through it, with their own inner selves. We offer immersive nature retreats designed to facilitate self-discovery, self-love, and empowerment. We believe that nature is a powerful healer and teacher, and by immersing ourselves in its wisdom, we can unlock our true potential.

Our Story: A Journey to Wholeness

Our journey began with Yordi and Miriam, two individuals deeply connected to the natural world, each navigating their own paths to healing and self-discovery.

Yordi, from a young age, felt an innate connection to nature. His deep-rooted passion led him to pursue permaculture and ecological gardening, where he found harmony in working with the earth. However, his heightened sensitivity often made it challenging to manage the overwhelming stimuli of the modern world, making it difficult to find his true self. He sought solace and guidance in nature, practicing meditation and engaging in nature-based teachings. Through mindful walks, he learned to listen to the whispers of the wind, the flow of the water, and the silent wisdom of the trees. He discovered that nature held profound lessons, mirroring the inner workings of his own being.

Miriam, like Yordi, is highly sensitive and has journeyed through her own transformative processes. For both of them, nature became a sanctuary, a powerful medicine. They recognized that the world is a vast learning center, where everything is interconnected by energy. In their own lives they felt that modern humans have lost their connection with nature. Miriam experienced intense panic attacks, a sense of aimlessness, and a disconnection from her true self. Yordi experienced similar feelings of being lost.

Together, they embarked on a journey of healing, spending countless hours immersed in nature, "bathing" in the forests, and allowing the natural world to guide them. They found that these experiences accelerated their personal growth, bringing them closer to their inner light and fostering self-love. They felt compelled to share this transformative experience with others.

Our Vision: Guiding Others to Reconnect

At Ingwaz, we offer nature retreats designed to help individuals:

- Reconnect with nature: Immerse themselves in the healing energy of the natural world.
- Discover their true selves: Explore their inner landscapes and uncover their authentic essence.
- Cultivate self-love: Embrace their strengths and vulnerabilities with compassion.
- Empower themselves: Tap into their inner resources and live with greater purpose.
- Learn from nature: Intuitively understand the lessons nature provides for personal growth.
- Reduce stress: Nature is scientifically proven to reduce stress levels.
- Improve mental clarity: A nature retreat will help to clear the mind.
- Increase creativity: Nature will inspire creativity.
- Improve overall wellbeing: A nature retreat will improve physical, mental, and emotional health.

We invite you to join us on a journey of self-discovery and transformation, where you can reconnect with nature and rediscover the beauty within yourself.

INTRODUCTION

Escape the hustle and bustle of modern life and reconnect with your true self on our transformative nature retreats. We offer immersive experiences in the breathtaking landscapes of the Pyrenees, Portugal, and the Ardennes – locations carefully chosen for their profound connection to European heritage. We believe that by returning to the lands of our ancestors, we can unlock deep-seated wisdom and rediscover our innate connection to the natural world.

Our Unique Approach:

Our retreats are more than just nature walks; they are carefully curated journeys of self-discovery.

Whether you join us for a 10-day immersion or a rejuvenating weekend, we provide a comprehensive program designed to facilitate profound personal growth.

- **Intuitive Nature Walks:** Embark on guided hikes through stunning landscapes, allowing nature to intuitively guide your path. We share our insights and observations, but encourage you to experience the magic of nature firsthand. Our walks range from gentle strolls to more challenging treks, ensuring a fulfilling experience for all levels.
- **Deep Connection with Nature:** Immerse yourself in the wonders of the Pyrenees, the serene beauty of Portugal, or the enchanting forests of the Ardennes. Each location offers a unique opportunity to connect with the healing power of nature.
- **Holistic Teachings:** Enhance your journey with a variety of enriching activities, including:
 - Meditations to quiet the mind and deepen self-awareness.
 - Sound healings and music sessions to harmonize your energy.
 - Journaling and writing exercises for self-reflection.
 - Sacred tea ceremonies to open your heart and connect with ancient wisdom.
 - Lessons on plant medicine and energy healing.
- **Comfortable Accommodations:** Rest and rejuvenate in carefully selected accommodations that complement the natural surroundings.

Why Choose Our Retreats?

- **Unique European Focus:** We believe that Europe holds a special connection to our roots, and our retreats offer a chance to reconnect with this heritage.
- **Comprehensive Program:** Our diverse activities provide a holistic approach to self-discovery.
- **Personalized Guidance:** We share our experiences and insights, but empower you to forge your own connection with nature.
- **Transformative Experience:** Our retreats offer a chance to break free from old patterns and embrace a more authentic way of being.

Join Us:

We invite you to embark on a transformative journey with us, where you can rediscover your connection to nature and unlock the boundless potential within yourself.

OUR RETREATS

Our Retreat Program: A Journey of Connection and Transformation

Our nature retreats offer a comprehensive program designed to reconnect you with yourself and the natural world. Each activity is carefully curated to facilitate healing, growth, and self-discovery.

1. Guided Nature Walks & Teachings:

Description: Immerse yourself in the beauty of the surrounding landscapes while embarking on guided walks. We share our insights and intuitive understanding of nature, offering teachings derived from our own experiences and observations.

Benefits:

- Deepens your connection with nature.
- Provides opportunities for self-reflection and introspection.
- Offers practical lessons and insights from the natural world.
- Reduces stress and promotes relaxation.
- Increases mental clarity and focus.

2. Communal Meals:

Description: Share nourishing meals with fellow participants, fostering a sense of community and connection.

Benefits:

- Creates a supportive and inclusive atmosphere.
- Encourages social interaction and bonding.
- Promotes mindful eating and appreciation for food.
- Creates a safe space to share experiences.

3. Smudge Ceremonies with Local Herbs:

Description: Participate in sacred smudge ceremonies using locally sourced herbs, clearing negative energy and creating a harmonious space.

Benefits:

Purifies the mind, body, and spirit.

Promotes relaxation and tranquility.

Connects you with the healing properties of plants.

Creates a safe and sacred space.

4. Tea Ceremonies:

Description: Experience the ancient ritual of tea ceremonies, fostering mindfulness and connection.

Benefits:

Promotes relaxation and inner peace.

Facilitates deep conversations and sharing.

Enhances sensory awareness.

Opens the heart.

5. Lectures and Discussions:

Description: Engage in insightful lectures and discussions on topics related to nature, spirituality, and personal growth.

Benefits:

Expands your knowledge and understanding.

Stimulates critical thinking and reflection.

Provides opportunities for sharing and learning from others.

Opens the mind.

6. Shamanic Jam Sessions:

Description: Participate in shamanic jam sessions, expressing yourself through music and rhythm.

Benefits:

Releases emotional blockages.

Promotes creativity and self-expression.

Connects you with your inner rhythm.

Creates a feeling of freedom.

7. Sound Healings:

- Description: Experience the healing power of sound vibrations, promoting relaxation and restoring balance.
 - Benefits: Reduces stress and anxiety.
 - Promotes deep relaxation and sleep.
 - Harmonizes your energy centers.
 - Creates inner peace.

8. Hikes, Swimming, and Waterfall Visits:

- Description: Explore the natural wonders of the surrounding area through hikes, swimming, and visits to waterfalls.
 - Benefits: Connects you with the beauty and power of nature.
 - Promotes physical activity and well-being.
 - Invigorates the senses and rejuvenates the spirit.
 - Creates joy and happiness.

9. Yoga:

- Description: Participate in yoga sessions, promoting flexibility, strength, and inner peace.
 - Benefits: Improves physical and mental well-being.
 - Reduces stress and promotes relaxation.
 - Enhances self-awareness and mindfulness.
 - Creates inner balance.

10. Ecstatic Dance:

- Description: Express yourself freely through ecstatic dance, releasing inhibitions and connecting with your body.
 - Benefits: Releases pent-up emotions.
 - Promotes joy and vitality.
 - Connects you with your inner rhythm.
 - Creates a feeling of freedom and happiness.

By combining these diverse activities, our retreats offer a transformative experience that will leave you feeling refreshed, renewed, and deeply connected to yourself and the natural world.

Locations

Nature Retreats: Discover Your True Self

- Pyrenees (July 1-10 & August 1-10):Albieres, shamanic center.
- 10 days, 2000 euros (incl. accom.).
- Maria Magdalena energy, waterfalls, hot springs.
- Travel at own expense.
- Ardennes (multiple dates):Aywaille & Jalhay, forests.
- 10 days, 1000 euros (excl. accom.).
- Travel at own expense.
- Portugal (November):Peneda-Gerês National Park.
- Price TBA.
- Travel at own expense.
- Program:Nature walks, meals, ceremonies, lectures, music, yoga, dance.

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