



MINI NATURE RETREAT

OCTOBER 11TH-13TH 2020
NENZINGER HIMMEL, AUSTRIA

WHAT PEOPLE SAY

"We have to learn how to see with our heart first, before we can see from the whole. I don't think I ever experienced the truth of this so powerfully before".

Joseph Jaworski after his Sacred Passage (nature retreat) with John P. Milton in Baja.

WHAT IT IS

In this Mini Nature Retreat we will explore capacities for reconnection, relaxation, presence and the cultivation of universal energy. At the heart of the process there will be a 'solo' – a period of time all alone in Nature. This is a rich and often unforgettable exercise practiced by people throughout time. Around the 'solo' there will be space to share stories and wisdom in the circle, to help each other take magic from the experience

back home. The program will include conversations, a night journey, meditations, nature connection activities and a constant flow of exploration through the beautiful Austrian forest and mountains.

THE STRUCTURE

- Arrival and welcome
- Awareness training (rooted in relaxation, presence and energy practices)
- Solitude time in nature
- Reintegration training

THE GUIDES

Din van Helden: Din brings a wealth of experience facilitating group processes and learning programmes by working in Nature. Her passion is in supporting to connection – both to self (exploring authenticity, personal strengths and values) and to community (through deep listening, constructive conflicts and transformative innovation). Din has trained and worked with John P. Milton, founder of Way of Nature in the US, for a number of years, and she brings a sound experience of working with core Way of Nature principles.

Monica Boos: As catalyst for change in people development Monica is passionate about inspiring people and teams to develop their full potential. For this she can build on a plethora of experiences as business leader, entrepreneur, and start up founder. She also is a broadly trained business coach and a loving mother. During her nature retreats with John P. Milton Monica discovered the strong power of (being in) nature and engaged in the work of the group of Way of Nature Austria.

ORGANIZATION & COST

- We will start Sunday October 11th at 10 am and will close the retreat Tuesday October 13th at 10 am
- Location: Nenzinger Himmel
- Fee includes accommodation, facilitation and support for nature: Euro 380
- Meals and travel at own expense

INFORMATION & REGISTRATION

- For more information please contact Din: din@stroom-facilitation.com or Monica: info@monica-boos.de.