

RETREATS

DE LA
TERRE

A L'
ÉTHÉR

Reconnect
with the
sense of
touch &
smell &
encounter
your deep
self

ABOUT

RETREATS

A SPACE TO REMOVE
YOURSELF FROM YOUR
ENVIRONMENT

&

RECONNECT WITH YOUR
DEEP SELF
RESTORE SPIRITUAL
IMBALANCE

&

EMPOWER ON PHYSICAL,
MENTAL, EMOTIONAL
LEVELS.

PRICE:

260 EUR over a week-end
(Accommodation not include)

TOOLS INCLUDE:

-OLFACTIVE KIT:

ORGANIC HOME MADE ESSENTIAL OILS
BLENDS

-A PORCELAIN BREAD

TOOLS



- Porcelain
- Hot water
- Binaural music
- Essential oils
- Notebook
- Comfty/messy clothes

PROGRAM

SESSION 1 RECONNECTING WITH ONSELF

-Become aware of my emotions through scent.
Calming my mind.

SESSION 2 FROM CHAOS TO ORDER

-Explore clay & find myself.
How can I explore the intimacy of my skin?

SESSION 3 CREATING A MEDIAN OBJECT

-Creating a median object that carries my
personal information & energy.
How my sense of smell connects to my sense of
self?

SESSION 4 STABILITY & STRENGTH

-Reconnecting to an alive sense of self
How can I self-regulate & stand as the
mediator of my past, present & future?

SESSION 5 FEELING GRATITUDE

-Feeling stable in the inner space I have
created for myself. Feeling gratitude & love
for myself.

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