OCTOBER 24TH TO 26TH 2025 FRIDAY TO SUNDAY

Journey Home

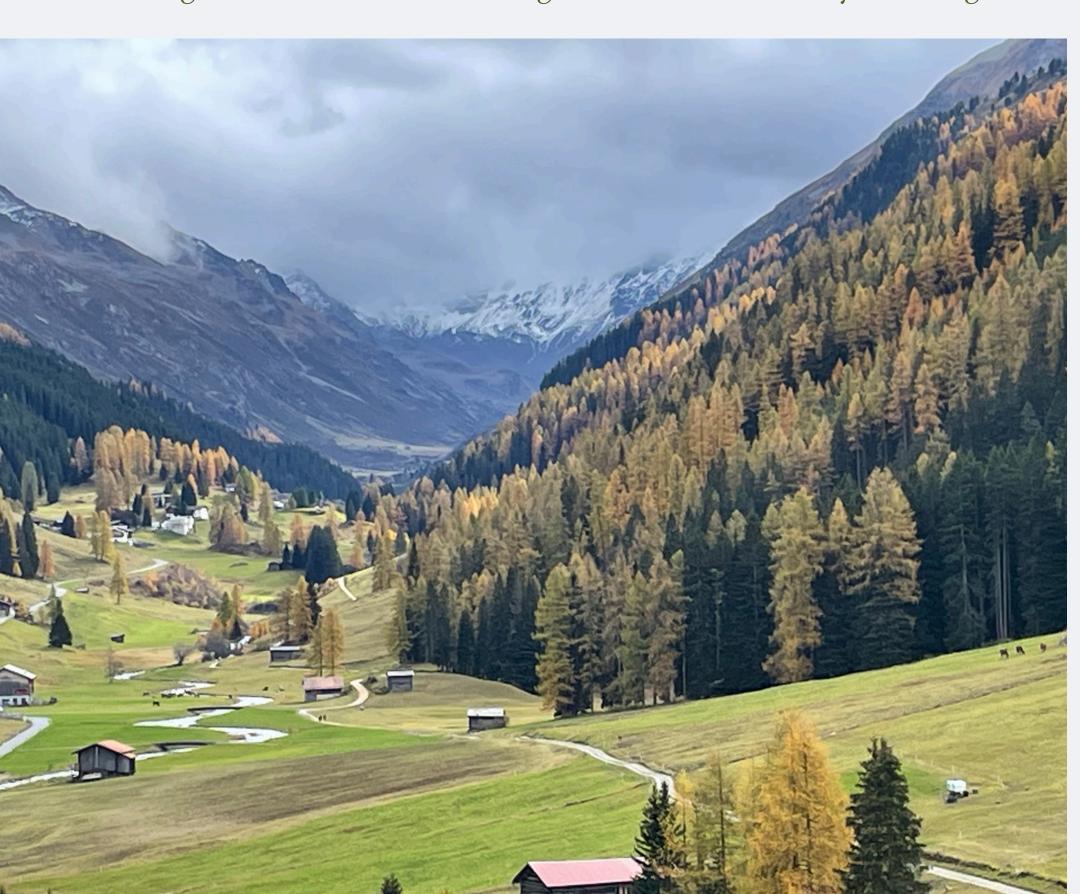
An Autumn Mountain Retreat

Three days, two nights retreat with Myriam and Nicole.

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 24th

5pm Arrivals at Shima in Davos
Grounding Yoga &
Yoga Nidra
Dinner
Welcome Circle





Day 2 Saturday October 25th

Yoga & Yoga Nidra
Breakfast
Nature Immersion Walk
Qigong
Picnic Lunch
Fire Ceremony
Restorative Yoga & Yoga Nidra
Dinner
Meditation, Music and Mantras

Day 3 Sunday October 26th

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 Nicole are multi-modality practitioners passionate about helping people connect to their inner wisdom, purpose and peace to contribute easefully to a kinder, happier, healthier world.

Myriam supports people to come home to themselves with nourishing yoga, yoga nidra, meditation, sound healing and nature connection.

Nicole creates new realities as a
Ceremonialist & Space Holder for
Conscious Events, Integral Life coach,
yoga and meditation teacher.

Retreat cost: 450.-

Early bird until August 30th 380.-Subsidised solidarity spots available.

Room & Meals at Shima:

Two nights full board 395.- in a single room 345.- in a double room (with a friend)

Contact:

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Nicole: nicole.toth@hotmail.com +41 78 805 0010 www.nicoletoth.com Please <u>book here</u>.







