

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 ease-fully 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 30<sup>th</sup> 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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Please [book here](#).

