

MAY 10TH TO 12TH
FRIDAY TO SUNDAY

Awakening to Freedom

A Women's Spring Retreat

Three days, two nights retreat with Myriam and Nicole.
Unplug - disconnect from the distractions and noise, and
awaken to your **inner peace, power and freedom.**

At the beautiful **Shima** retreat space, surrounded by rivers
and forests in the mountains of **Davos.**

Nature, Movement, Yoga, Sound Healing, Cacao Ceremony,
Dance, Meditation, Yoga Nidra, Expression, Sister's Sharing.



Day 1 Friday May 10th

9pm Arrivals at Shima in Davos
Grounding Yoga &
Yoga Nidra
Dinner
Welcome Circle
Mantras & Meditation



Day 2 Saturday May 11th

Awakening Yoga & Meditation
Breakfast
Nature Immersion Walk
Picnic Lunch
Wild Nidra & Forest Mandala
Restorative Women's Yoga
Dinner
Cacao Ceremony & Expressive Dance

Day 3 Sunday May 12th

Awakening Yoga & Meditation
Breakfast
Envision Yoga
Lunch
Closing Circle
2pm Retreat Ends



Retreat Centre

Shima is a beautiful wooden retreat house at the entrance to the picturesque Dischma Valley. We will practice outdoors in nature as much as possible.

Nutritious vegetarian food will be provided by the Retreat Centre. Vegan and Gluten-Free options available.

Retreat Facilitators

Nicole and Myriam are multi-modality practitioners passionate about helping women connect to their inner wisdom, purpose and feminine power.

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

Nicole creates new realities as a cert. Integral Health, Life & Mental Coach and Yoga, Meditation & ChiBall Teacher.

www.nicoletoth.com (Nicole)

www.bathinginlove.com (Myriam)

Retreat cost: 380.-

Early bird 300.- till April 10th

Room & Meals at Shima:

Two nights full board

300.- in a single room

250.- in a double room (with a friend)

Contact:

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