



Lighten Up North presents

In collaboration with The Outdoor Witch and The Striders Adventures:

3-day Retreats at Granberget View Lodge, Västerbotten, Sweden



THE HEALING POWER OF ANIMALS AND NATURE

Develop Your Intuition and Intuitive Communication, Discover and Reinforce your own Healing Powers with the help of nature & animals

Where: at Granberget View Lodge, Dorotea, Västerbotten Län, Sweden

When: 2 options available:

23-25. 08.2024

20-22.09.2024

Duration: 3 full days of workshop + arrival and departure days (and the possibility to stay longer if you wish to, especially for those who are coming from far)

SMALL NUMBER OF PARTICIPANTS – SAVE YOUR SPOT!

Price: 835€ / 800 CHF – 9'790 SEK

COURSE DESCRIPTION

It is a course for anyone who wishes to develop their intuition and ability to communicate with nature, animals and above all, themselves, and are open to discover the innate healing abilities that we all possess, how we can use it for ourselves and to help our animals with emotional and physical issues.

The emphasis of the course will be on developing a different understanding and approach of animals and nature, and how we can support and heal each other as well as learn from one another. We will touch upon animal communication, but it is not the main topic of the retreat.

Granberget View Lodge is located in an ideal place, in the middle of nature, on top of a hill, with a splendid view on the valley and the nearby Swedish mountains. There are 16 dogs, 2 horses and a cat on the premises that will take an active part in the retreat.

Major Topics covered during the workshop

- Energy & Quantum Healing – what it is and how it works
- How I (Rachel) work with energy and how you can use my unique technique to help heal yourself and your animals
- The Power of Thoughts and Emotions
- How we communicate with nature and the animal kingdom, and how to use it as feedback for our own personal growth as well as to improve our relationship with our pets and animals in general, with people, and also with ourselves

In addition, you will also get:

- Information and stories on our huskies and horses, as they are all adopted, rehomed, or rescued animals,
- Information on the dynamic of a pack and how to interact with the dogs when loose or on the leash
- Information on horses – for the purpose of the retreat
- Cultural information about the area located in Swedish Lapland, the Sámi - the indigenous population and reindeer herders -, and the fauna.

Activities

The workshop will be divided between theoretical sessions and time spent outside with the dogs and horses. We will also go for hikes with the dogs and explore the nature around the lodge. The level of the hikes will be adapted to suit all the participants. You will also have time for yourself, to relax and enjoy the house and the area, and why not go pick up some wild berries!

Optional:

For those who would like to stay longer, day trips to the mountains and the Sámi historical sites can be arranged. Please mention it when you contact me to book your spot and I'll give you the additional information and costs.

Disclaimer!

Be ready to have some of your beliefs and prejudices shaken up! However, what you will discover is very natural, fun, easy, yet down-to-earth and somehow logical.

Are Up for a Good Time? It is a retreat to lighten and open you up to your innate freedom, creative and healing power in a playful way. Animals are genuinely playful, cheerful, authentic and fully in the present moment.

Prerequisite - Conditions

No previous experience in animal communication, energy or quantum healing is needed. However, being curious, having an open mind and some preliminary ideas or knowledge about the above is an advantage.

An interest in animals is obviously a prerequisite as we will spend time and do activities with them. However, you don't need to have animals yourself, or have any specific knowledge about dogs or horses to attend the retreat.

This retreat is unfortunately NOT for you if: you have a very serious allergy to dogs, cats or horses, or a panic fear of dogs (If you are interested in overcoming panic fear of dogs, please contact me).

Accommodation

All the meals are included and taken at the Lodge, with breakfast, lunch and dinner. You will have free access to warm and cold drinks as well as snacks

Please let us know about any intolerance and special diets. We tend to cook vegetarian or fish but are happy to have a vegan option and/or some meat – especially if you're keen on trying local dishes.

Shared rooms in our lodge, with a comfortable living-room and enough room in and around the house to have some peaceful, private moments if desired.

SMALL NUMBER OF PARTICIPANTS – FIRST COME, FIRST SERVE!

Price for 3 nights and 3 days full board **835€ / 800 CHF – 9'790 SEK**

Included in the price:

Accommodation, meals, drinks and snacks

Transfer from and to South Lapland Airport, Vilhelmina (or train station or bus in Dorotea)

All activities and related gear needed during the 3-day retreat

Taxes

Not included in the price:

- Travel, cancellation and health insurance
- Means of transport to Vilhelmina or Dorotea (flight or train/bus tickets, etc.)

Refund policy

If Lighten Up North has to cancel the retreat for any reason, we will refund the totality of the retreat price.

Not other refund will take place. Make sure that when you book, you're making a ***Conscious Definite Choice*** to attend, and that you have subscribed to the appropriate travel insurance.

Contact me if you have any questions!

rachel@stridersadventures.com or via messenger, Instagram or whastapp!

Looking forward to welcoming you at Granberget View Lodge!

