


EXPERIENCE: WILD CREATURES

Group immersion in the Xurés Reserve to reconnect with your original essence.


The purpose of this retreat is to approach and observe the fundamental laws of nature until we integrate into it and feel that we are part of it. Connect with harmony, order, chaos, instinct, survival, joy, hierarchy, predation, animals, plants, elementals, and their physical transformations. By the principle of resonance, our minds, bodies, and electromagnetic fields will subtly tune without doing anything, just being and opening our senses.

 **Duration:** 1-day experience (8 hours)

 **Availability:** All year-round

 **Minimum:** 4 people

 **Maximum:** 24 people

 **Requirements:** Suitable for anyone.

 **Personal equipment:**

- Comfortable clothing.
- Mountain footwear.
- Backpack.
- Sunscreen, cap, raincoat, towel.

 **Includes (Programming):**

- Reception and welcome.
- Presentation, delivery of a roadmap with all content.
- Group opening dynamics.
- Silent trails with Forest Bathing.
- Green lunch.
- Group dynamics.
- Thermal bath with sound meditation.
- Circle around the fire to integrate and chat, sharing experiences.
- Closing of the experience with a ritual and gift delivery.
- Farewell dinner at a local restaurant with traditional music and dance.

Activity description:

It is a holistic nature connection retreat, as we are witnessing a systemic crisis. Metaphorically, if we consider society as our herd, we have replicated the behavior of our transgenerational alphas, losing our way long ago, disconnected from the fundamental laws of creation, and clinging to the psychological laws inherited through generations for thousands of years.

This eco-experience is an exploration through the world of senses, reactivating the restoring power within us, becoming aware that we are a source of vital and essential resources to adapt to all substantial circumstances we face in our lives.

Healing methodology: the 3 pillars

1. Silent walk and forest baths

- Walk, feel, and observe in silence.
- Walking in a herd, with the possibility of walking barefoot if you feel like it, will be the essence of this retreat.
- Each trail will start with an individual purpose and will close with a circle of integration and group dynamics.
- We will use movement, voice, rhythm, and other elements. We will develop trust, self-esteem, joy, innocence, etc.

2. Thermal water bathing

- Immersion in thermal waters that emerge from the center of the earth.
- Thermal water is ancestral medicine to clean and heal all diseases.
- This group thermal immersion will take place after the forest immersion, before dinner.



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3. Fire Circles

- The circle around the fire will be after the thermal bath, where we will open a sacred space to share feelings before dinner.
- Eating is essential.
- The type of food is simple and organic, considering the intolerances of group members: meats, lactose, gluten, etc.

What you leave behind:

Stress / mental and physical fatigue / fears, phobias, insecurities, sadness, anger / monotony.

What you take with you:

A transformation of your being / mindfulness and stress management / a clear mind / an open heart / empowerment / self-knowledge / love, self-value / creativity.

Eco-friendly practices:

- We contribute to the prevalence of nature sounds, reducing noise pollution, walking in silence, with no emission of pollutants.
- We seasonally adjust the experience to reduce overcrowding in the Xurés Reserve. • We reuse established trails to minimize damage to the soil and vegetation.
- We protect water sources and leave no trace of waste, using biodegradable containers and taking back our own waste.
- We respect wild flora and fauna through observation and contemplation.

*Our nature retreats enhance two objectives of the 2030 strategy:

SDG 3: Ensure a healthy life and promote well-being for all at all ages.

SDG 15: Sustainably manage forests and halt biodiversity loss.



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