

REGENERATE

Vitality * Creativity * Hormonal Balance

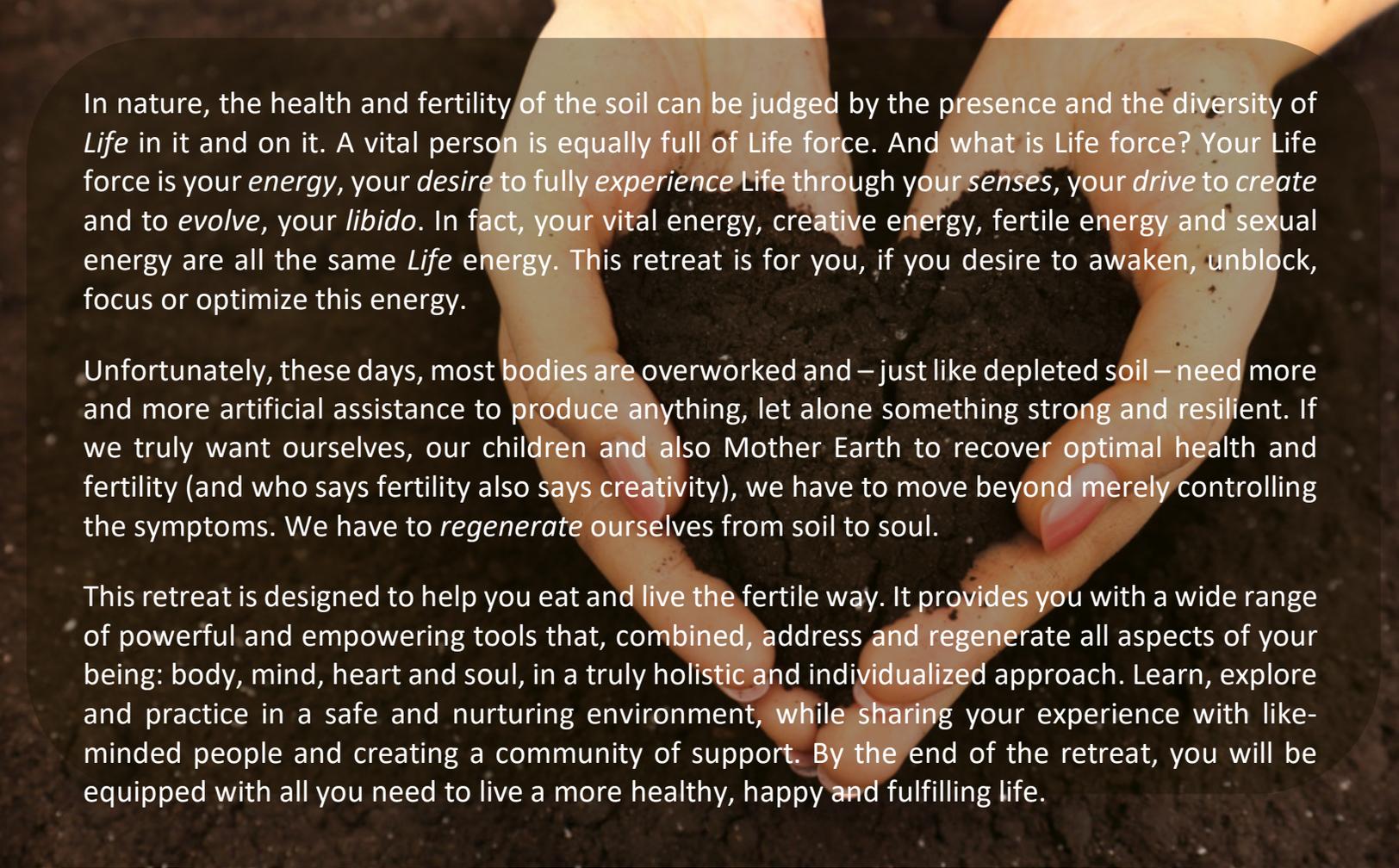
8-Day Summer Retreat in Nature

10-18th of July 2023

Lalita Devi, Acebo, Spain

Regenerate yourself from soil to soul
by eating and living the *fertile* way

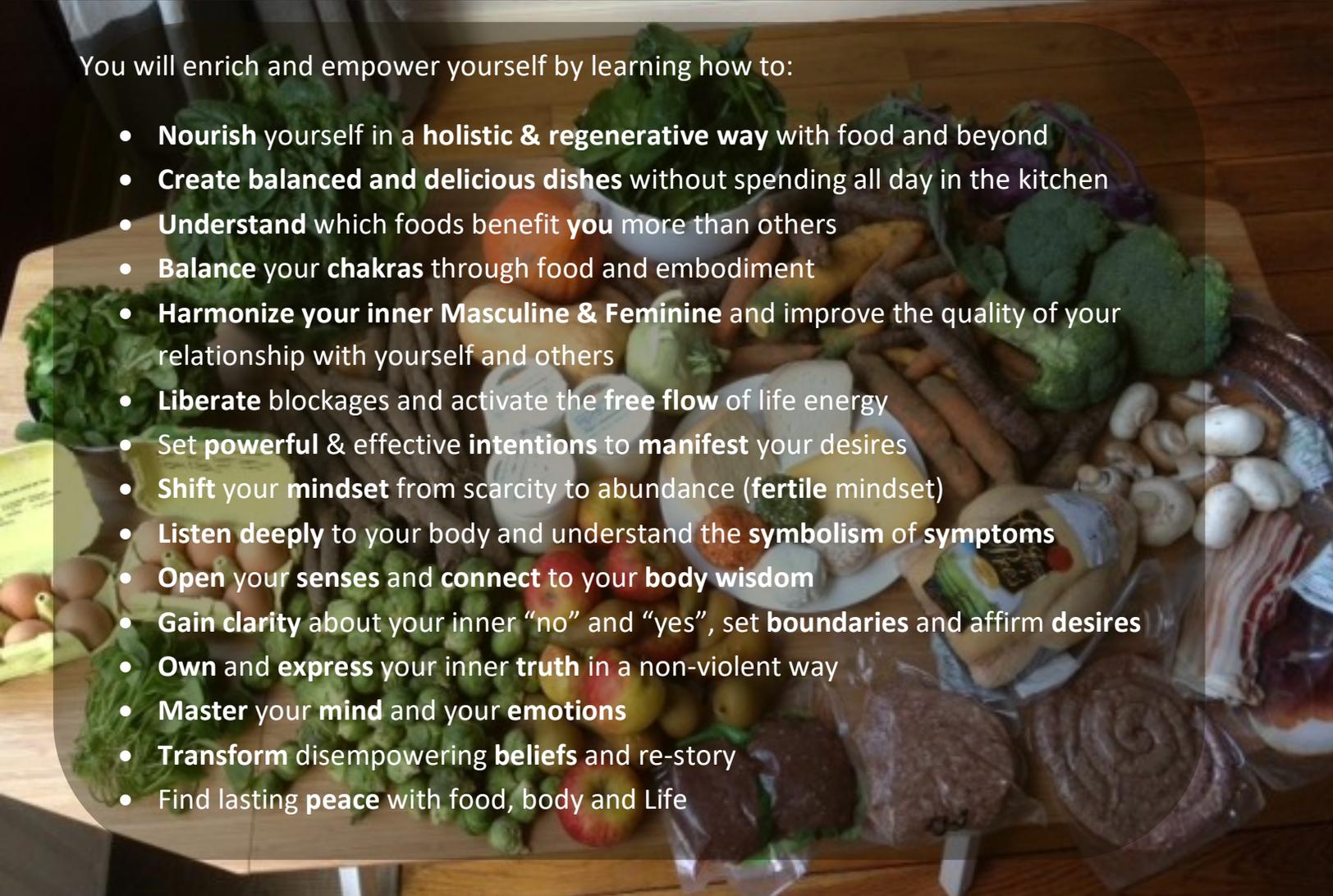
Holistic Nutrition & Cooking * Fertile Mindset
Meditation & Movement * Embodiment * Chakras
Masculine-Feminine Balancing * Emotional Mastery
Astro-Metabolic Profiling * Bowen Therapy
Nature * Peace * Nourishment * Empowerment



In nature, the health and fertility of the soil can be judged by the presence and the diversity of *Life* in it and on it. A vital person is equally full of Life force. And what is Life force? Your Life force is your *energy*, your *desire* to fully *experience* Life through your *senses*, your *drive* to *create* and to *evolve*, your *libido*. In fact, your vital energy, creative energy, fertile energy and sexual energy are all the same *Life* energy. This retreat is for you, if you desire to awaken, unblock, focus or optimize this energy.

Unfortunately, these days, most bodies are overworked and – just like depleted soil – need more and more artificial assistance to produce anything, let alone something strong and resilient. If we truly want ourselves, our children and also Mother Earth to recover optimal health and fertility (and who says fertility also says creativity), we have to move beyond merely controlling the symptoms. We have to *regenerate* ourselves from soil to soul.

This retreat is designed to help you eat and live the fertile way. It provides you with a wide range of powerful and empowering tools that, combined, address and regenerate all aspects of your being: body, mind, heart and soul, in a truly holistic and individualized approach. Learn, explore and practice in a safe and nurturing environment, while sharing your experience with like-minded people and creating a community of support. By the end of the retreat, you will be equipped with all you need to live a more healthy, happy and fulfilling life.



You will enrich and empower yourself by learning how to:

- **Nourish** yourself in a **holistic & regenerative way** with food and beyond
- **Create balanced and delicious dishes** without spending all day in the kitchen
- **Understand** which foods benefit **you** more than others
- **Balance** your **chakras** through food and embodiment
- **Harmonize your inner Masculine & Feminine** and improve the quality of your relationship with yourself and others
- **Liberate** blockages and activate the **free flow** of life energy
- Set **powerful & effective intentions** to **manifest** your desires
- **Shift** your **mindset** from scarcity to abundance (**fertile mindset**)
- **Listen deeply** to your body and understand the **symbolism of symptoms**
- **Open your senses** and **connect** to your **body wisdom**
- **Gain clarity** about your inner “no” and “yes”, set **boundaries** and affirm **desires**
- **Own** and **express** your inner **truth** in a non-violent way
- **Master** your **mind** and your **emotions**
- **Transform** disempowering **beliefs** and re-story
- Find lasting **peace** with food, body and Life

Tools & Practices

- Holistic & Regenerative Nutrition
- Creative Cooking & Food Preparation
- Active & Silent Meditations
- Movement & Dance
- Yin Yoga & Fascia Release
- Embodiment
- Bowen therapy
- Astro-Metabolic Profiling (after the retreat)
- ...

And also:

- Walks in nature
- Bathing in the river
- Star-gazing
- Music & Fire
- New Moon Celebration
- ...

Who this retreat is for

This retreat is for women and men of all ages who desire to regenerate themselves (and this planet) in a holistic way and to live a life full of joy, vitality and creativity up to an advanced age. From young adults who are just starting to explore their world to older men and women who are looking to improve their overall health and well-being, this retreat provides the opportunity to get to know yourself more intimately, to discover your unique needs and desires, to explore nature and to re-awaken your creative energy. It is *especially* for you if you suffer from hormonal imbalances, menstrual issues or restrictive/emotional eating patterns and/or if you desire to conceive naturally one day.

The Regenerate Summer Retreat is a unique opportunity to learn from experts in the field of holistic, regenerative and personalized health, nutrition and fertility. You don't need any prior knowledge in nutrition or experience in personal development work, but if you have, you can expect a lot of new insights and take the work even deeper!



The Facilitators

Your main facilitator is Claudia Kaiser. Claudia was born in 1982 in Germany and started her career in the pharma industry while studying business administration. In 2012 she followed her true passion and started her own practice as a Holistic Nutrition, Eating Psychology & Fertility Coach. This change had grown on the soil of her personal experience of successfully overcoming an eating disorder and the resulting health issues, especially hormonal imbalance, menstrual irregularities, adrenal fatigue, chronic knee pain and pregnancy loss. Eventually her journey took her back onto the fertile path, i.e. a way of eating and living that not only regenerates body and soul but also Mother Earth. Claudia has trained in Nutrition, Metabolic Typing, Eating Psychology (Mind-Body Eating), Traditional Chinese Medicine and Conscious Touch and also has experience in Tantra and Astrology. She is the author of “The Fertile Path – How to regenerate yourself from soil to soul before planting the seed”. She provides dietary

advice adapted to your individual metabolism and takes you on a life-changing journey to find the physical, emotional, mental and spiritual treasures hidden behind your symptoms.



Michel De Sande ran several successful restaurants and used to be the “chef” at Lalita. He will co-instruct the cooking workshops and delight us with his amazingly creative (and delicious) arts at lunch and dinner.



Jess Adshead is an Integrative Health Coach and Bowen Therapist with more than 10 years of experience. She will be holding space for the group together with Claudia and provide private Bowen sessions in the breaks. Bowen therapy is a safe, gentle and very effective touch-based therapy that works on the fascia to help the body release stress and tension, and support healing and balance. During the retreat, you have the chance to experience it for yourself!

The Place & Space



The retreat takes place in the magical retreat center “Lalita Devi”. It is located in the heart of Sierra de Gata, province of Cáceres (Spain) in a fertile valley at the foot of a sacred mountain, between oak and chestnut trees and nourished by a small river that sustains life. A true, natural oasis for body, mind and soul.

Here you can rest from the noise and pollution of the cities and reconnect with the elements of nature including your own inner nature. You can breathe fresh air, bathe in the warm sun, listen to the birds sing and wander safely under a translucent sky full of stars. In short, you can regenerate yourself by fully immersing yourself in the vibrant frequencies of health and fertility.



The installations are very unique in their design and invoke warmth and creativity, sacredness and beauty. It is a dreamlike space of coexistence, with (mostly) shared rooms, showers and toilets, and a big dining room with a fireplace and a small shop. The food is mostly organic, local and seasonal. At this specific retreat, you will have the chance to add (regeneratively produced) fish or meat to your meals at lunch and dinner.

The practice space we are going to use for most of the sessions is “the Temple”, a very special and sacred space hidden in the woods just a few walking minutes from the rest of Lalita. The ideal place to reconnect with the sacredness inside and outside of you and to support healing and regeneration.



Program

- 8:00: Morning Meditation & Movement
- 9:00: Breakfast
- 10:30: Morning Session
- 13:30: Lunch Break & Relax (or private Bowen session)
- 16:30: Afternoon Session
- 20:00: Dinner
- 21:30: Star Gazing, Relaxation or Celebration

We start on Monday 10th of July at 18:30 and we finish on Tuesday 18th of July at 11:30.

Investment: 1.750 Euro

This price includes:

- 8 days of course teachings and materials
- 8 nights of accommodation and full board (vegetarian breakfast, omnivore lunch and dinner, afternoon snack, fruit and tea)
- Your Personal Astro-Metabolic Profile Analysis + 2-hour session (after the retreat)
- 1-hour Bowen therapy session with Jess (additional sessions possible at extra charge)

Not included:

- **Flight:** Look for flights to Madrid and ideally book a cancellation insurance
- **Transfer** between the airport and Lalita (3-4-hour drive). We can book a shared taxi for you for 60 € per person one way (120 € both ways). You can also rent a car or come with your own if you live in Spain. You might also be able to find a blablacar. We happily assist you and connect participants with each other to make logistics as smooth as possible.
- **Extra nights** (please consult availability)
- **Extra Bowen sessions, massages, etc.**

This Summer Retreat is a unique opportunity to regenerate yourself and to acquire the tools you need to live a life full of vitality, creativity and joy. If you are ready to take your life to the next level, then click on the link on the next page to schedule a short call to make sure it is a resounding YES for both of us. Once approved, you will receive an e-mail with further details. Your spot is reserved with a first payment of 300 €. You are fully confirmed once you pay in full.

- 150 € Early Bird discount (full payment before 28th of May) => 1.600 €
- “Bring a friend” discount: 50 € for each of you, independent of payment date

Cancellation Policy: 100% refundable if you cancel before 10th of May, 50% refundable if you cancel before 10th of June; non-refundable after 10th of June. An admin fee of 50 € applies.



To schedule your 15-min alignment call, please click here:

<https://calendly.com/caminodelafertilidad/15-min-regenerate-summer-retreat-alignment-call>

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