



# Soul-Essence-Retreat

self-recognition | plant medicine | integration support



## Soul-Essence-Retreat

South-Sardinia | 23.-30.10.2024

**Remember - who you really are!**

**Enter unknown spaces of experience with us and**

**discover what slumbers in your depths and wants to be kissed awake!**

### What you can expect in this week:

- **6 relaxed & intensive days of deep cleansing, reconnection to your origin, healing, self-awareness & self-recognition:** with exercises and practices of letting go, of feeling, of creative expression and of becoming still inside.
- **Professional support in your process** in deepening and integrating your experiences and insights throughout your entire stay.
- **Retreat schedule:** 10 am-1 pm + 6-7.30 pm, afternoon for going to the sea, nature or other. There will be an appropriately adjusted schedule on the ceremony nights.
- **Excursion** to a power place in nature nearby or to the sea side with sharing + integration
- **2 ceremony nights with plant medicine**
- **experience of a close to nature, supporting community:** Immerse yourself in a “holy” field of real, pure, naked, natural aliveness, which enables you
  - to free yourself from masks + musts + destructive habits,
  - to experience your natural being,
  - to release deep blockages and
  - get answers to your important life questions.
- **a preparatory individual online meeting** (see registration conditions)



**Come with us on this healing & transformation journey.**

**Discover what wants to be lived through you.**

**Find clarity about what your next steps are  
on your unique path & what is important for you to know!**

**LANGUAGE:** german + english

**TIMING:** Wed 10/23/24 at 5 pm to Wed 10/30/24 at 12:30 pm  
(earlier arrival/later departure/extended stay is possible by arrangement)

**LOCATION:** Casa Silenzio, Monti Nieddu region, South-Sardinia  
(25 minutes by car from Cagliari 8 km to the sea side)

**NOTES:**

- **Suitability:** No previous knowledge is required. This offer is beneficial for anyone who wants to realize self-recognition and the own awakening in love.
- For **plant medicine** there is a **diet** that starts 1 week before. You will receive further information from us when you contact us.
- **If you take any medication or have an illness**, we will clarify whether this retreat is possible and suitable for you in an individual consultation/online meeting.
- **Participation is possible with and without taking plant medicine.**
- **Participation ONLY on the ceremony nights** is also possible.

They will take place on **Friday 25th + Saturday 26th October 2024.**



## **ORGANIZATIONAL**

### **RETREAT:**

888 euros including 2 plant medicine ceremonies

666 euros without plant medicine ceremonies

333 euros when attending only on the two plant medicine ceremonies

The prices **include** vegan meals | **exclude** accommodation and travel expenses.

### **ACCOMMODATION:**

In **CASA SILENZIO** there are 3 double rooms, space for Camping and the possibility of spending the night in a group sleeping space:

1 double room (1,40 m bed) with shared bathroom: 35 euros per person/night

1 double room with private bathroom: 40 euros per person/night

1 extra large double room with sea view + shared bathroom: 45 euros per person/night

Camping, hammock, sleeping outside: 20 euros per person/night

Sleeping in a group room: 25 euros per person/night

**OTHER ACCOMMODATIONS** are available in the surroundings of Casa Silenzio. You can get addresses, contact details and booking instructions from us upon request.

The daily flat rate for the space when your accommodation is outside is 12 euros/day/person.

### **PICK UP & TRAVEL ARRANGEMENTS:**

Pick up from Cagliari airport to Casa Silenzio: 40 euros per ride.

We create a communication option for travel arrangements, through which we can coordinate and concretize organizational matters.



### **CONTACT & REGISTRATION:**

Please note that there is no free registration option and places are limited. The direct, personal contact is important to us and a prerequisite.

If you are interested, send us an email to [contact@divine-leadership.net](mailto:contact@divine-leadership.net)

or contact one of us personally. We will respond to you promptly so that you can book your flight or organize your journey. The retreat will definitely take place.

### **RETREAT GUIDES:**

Stefi Preiss (spiritual-therapeutic + shamanic guide)

Sabine Maria Wilmsen (consciousness training, mentoring and psychic guidance)

We look forward to this special inner and outer journey with you!



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