



Sponsored

BACK TO NATURE

A TRUE WORKSHOP

AN EXPERIENTIAL CONVERSATION
WITH YOUR NERVOUS SYSTEM.
LEARNING TO TRUST YOURSELF.





THERE IS A VOICE THAT
DOES NOT USE WORDS,
LISTEN.

-RUMI

BACK TO YOU.

Welcome to a experiential workshop of reconnecting to your own body & soul... the mind will then settle & gently follow.

An opportunity awaits for you who would like meet yourself on all levels. In a safe, supported and held environment we explore our nervous system, the strategies we hold on to that might be stanig in our way & what might hold us back from embracing our authenticity to the fullest.

We honor our inner drive & inner critic by "*stopping to fighting our own nervous system*", we listen within instead & invite a - good enough for today- as we set energetic boundaries towards our self's & the world.

The shamanic medicine wheel will navigate our experience. Inorder to learn how to trust again, both the process & our selves we invite you to connect to something larger, to be held by Patcha Mama or Mother Nature.

You will master several tools of self regulation both physically & mentally, when you leave both for your everyday life and work life. Our days will include activates & exercises done in pair, joined by all & we will have individual time for reflection.



WEEKEND FLOW



THURSDAY

13:00 Hello & Welcome

We start by sharing a welcoming meal together & a weekend introduction. We then embark on the energies of south, the physical body. Introduction to somatic embodiment practices to reconnect to the physical body, to experience a sense of safety & being grounded.

Evening meal & activities.



FRIDAY

Good Morning & a grounding nature activity.

The west direction & jaguar medicine - we embrace our learned strategies, programming & behaviors through new awareness & shed the stories that might not serve us anymore. We witness what is mentally & emotionally holding us back - through parts work.

Evening bond fire.



SATURDAY

Good Morning & grounding nature activity.

The North direction & humming bird medicine feeding our soul only with the best life has to offer. Honring the past, learning the lessons yet now embark on the heroes journey of passion & dreams.

Evening bond fire.



SUNDAY

Good Morning & grounding nature activity.

Transforming our wounds into wisdom through new perspectives. As A.Einsteins Said - Energy can never disappear it can only be transformed - learn tools to transform your energy & release the implicit memory of the past. Learn to trust yourself.

We end our weeknd with a joined lunch & close the weekend by 12:30

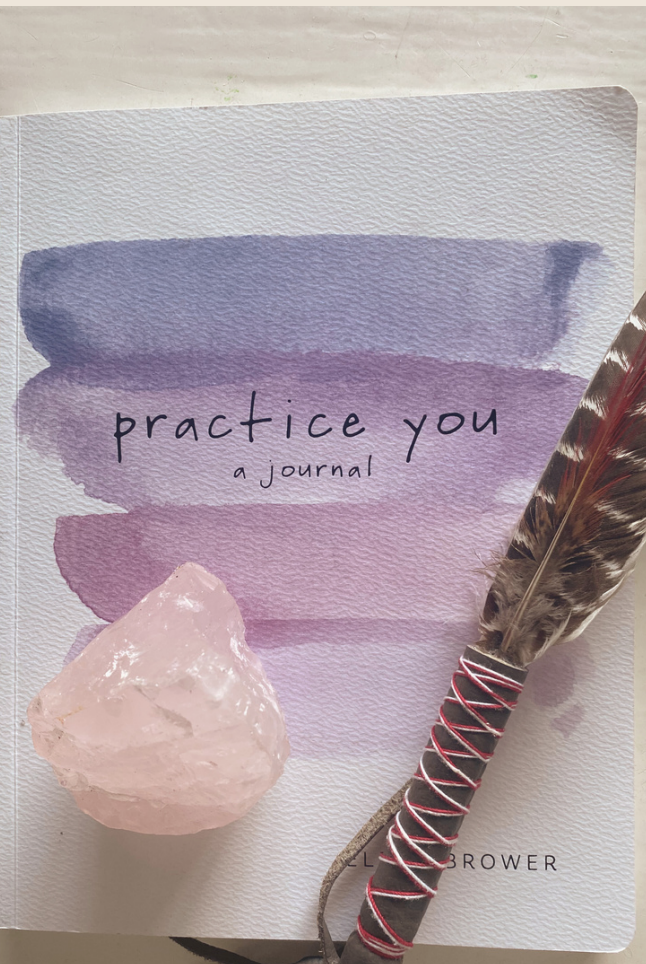
SUNNANHED

This small village hosts more cows than humans. The vibe is breathtaking, calm and peaceful - it is back to nature.

The barn hosts a total of 8 beds in the setting of 2 bedrooms & 2 lofts. There are no single sleeping spaces so everyone will share "a sleeping space" with another participating soul.

We have an 7 minutes walk to the lake, an outdoor fore place for our evening fire ceremonies, trails & nature in the back yard & we will get to know the cows upfront.

Sunnanhed is located near Furudal in Dalarna, approx. 30 Mil (4h) drive from Stockholm. www.hellosunnanhed.se



INVESTMENT

To book your spot or for more information please email - louise@louisetjernqvist.com

9 750 kr inkl moms.

3 night all inclusive. 50% is paid to reserve your spot & 50% are to be paid 2 weeks ahead of the retreat. Included is a 50 min private session with Louise before or after our retreat. A guided journal will be given upon arrival.

The workshop hosts a total of 7 participants.

Early Bird Discount 1500 SEK if booked - before august 7th.

PRACTICALITIES

TRANSPORTATION

You will need a car to get all the way to the front door, however joined transportation from the train station in Rättvik can be arranged.

DRESS CODE

We invite an easy, relaxed & comfy clothing. We will spend time outdoors so we ask you to bring clothes for calm outdoor exploration or a cold dip in the lake.

FOOD & HYDRATION

Our meals are created & served in the main hall. We serve gluten & dairy free meals. Will create & prepare 2 dinners together with a surprise ingredient from the back yard. No alcohol is served during this weekend, snack & tea/coffee are available 24/7.

LANGUAGE

The workshop will be held in Swedish if we do not have international guests. Louise always teaches in Swinglish.. either way,

CANCELLATION POLICY

Your registration is binding - you may assign you spot to someone else if you can't make it.



TESTIMONIALS



HEALING FROM THE INSIDE OUT!
I HIGHLY RECOMMEND LOUISE TO ANYONE WHO
HAS STARTED THEIR INNER JOURNEY. MY
NERVOUS SYSTEM LOVES THE SOMATIC
EXPLORATION EXERCISES, A PILLOWS & THE
PERMISSION TO BE ENOUGH.



THIS HAS BEEN BOTH EDUCATIONAL BUT FIRST &
FORMOST AN EXPANSION OF MY SENSES. I REALIZE
THAT I STAND IN MY OWN WAY YET I HAVE GAINED
HOPE - FASCINATED BY THAT THE BODY DOES
NOTHING BY CHANCE. I KNOW NOW THAT THERE IS
NOTHING WRONG WITH ME THAT THERE IS ROOM
FOR ME WITH - MY WORDS AND MY LOVE MATTERS.



THE WAY LOUISE TUNES IN TO THE ENERGY OF
THE GROUP AND HOLDS SPACE IS VERY
POWERFUL ESPECIALLY WHEN YOU NEED IT
THE MOST. AS A SPIRITUAL LEADER & MD
MYSELF I TRULY BOW TO LOUISE ABILITY &
LEADERSHIP.



ABOUT LOUISE

With her unique experience & combination of Native American medicine, the Biology of Trauma lence & an olympic medal she will ground you right back into your own body.

Her warm & humble approach to self exploration & health is today balancing nervous systems over the world, from pro athletes to every day heros.

Louise xoxo

