

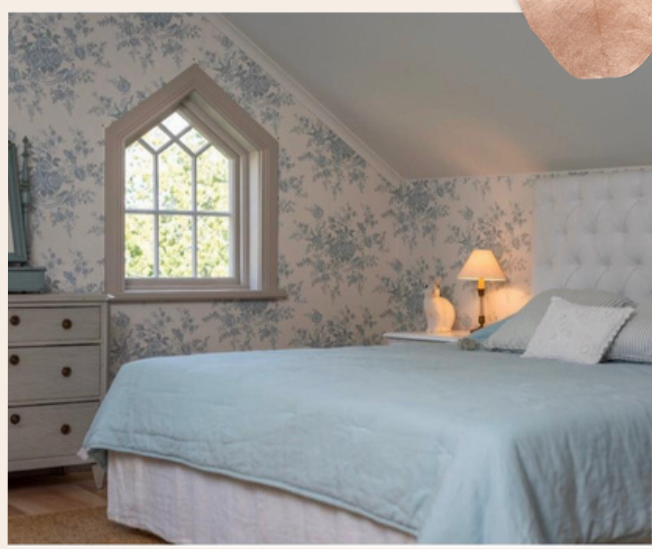
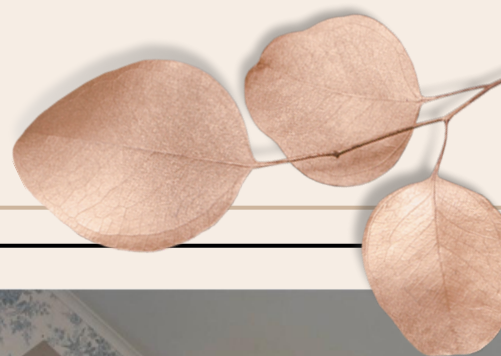


*Österby Gärd*  
**BACK TO NATURE**

A TRUE RETREAT

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

26-28 APRIL 2024





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

-RUMI

# BACK TO YOU.

Welcome to an 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 standing in our way & what might hold us back from embracing our authenticity to the fullest.

*As we stop fighting our own nervous system, we honor both our inner drive & inner critic. With curiosity we listen within & invite a - good enough for today - mentality as we set energetic boundaries towards our self's & the world. Neuroplasticity takes time, but first comes state regulation of the nervous system.*

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

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



# WEEKEND FLOW

## FRIDAY

10:00 Hello & Welcome



We open up our the weekend by sharing a welcoming snack & introduction. After lunch we embark on the energies of South - Serpent medicine. Friday is devoted to our own tempel and physical body, the anatomy of the nervous system & introduction to somatic embodiment practices. We embrace the reconnection to our physical body practicing a sense of safety & feeling grounded. After our evening meal we will have our evening bond fire.

## SATURDAY

Good Morning & a grounding nature activity.



We devote the morning to the west direction - Jaguar medicine. As a master tracker we use this magnificent energy to journey into the landscape of mind & emotions. Witnessing our learned strategies, early programming & behaviors. We shed the stories that might no longer serve us by witnessing what is mentally & emotionally holding us back - through parts work.



The afternoon is devoted to the North direction - humming bird medicine. Through story telling we nourish our souls with only the best of what life has to offer. Honring the past, learning the lessons yet embarking on the heroes journey of trial, error, passion & dreams. Identifying needed lifestyle boundaries for balance, rest & recovery. Ending the day with a sacred ceremony.

## SUNDAY

Good Morning & a grounding nature activity.



The East - Eagle medicine. Transforming our wounds into wisdom through new perspectives. We transform the energy, the story & implicit memory of the past. Embrace our own capacity, providing the safety we never had leaning into the healing power of self trust.

We close our weekend at 15.30

# ÖSTERBY GÅRD

This privately own retreat estate is located in the magical & breathtaking countryside of Näshulta, in the Sörmland region.

Österby Gårds lakeside main house was built in 1895 and the accompanying guest house (approx 200 years old) both recently renovated. Together they host 12 guests with 2 single rooms and 5 dubble rooms.

The location is approx: 1.5 hours away from Stockholm by car. By train it is 1 hour them a 20 min taxi ride.

The estate serves private docks for a lake swim, an outdoor jacuzzi, sauna (old/funky), SUP boards, row boats, running and hiking trails.



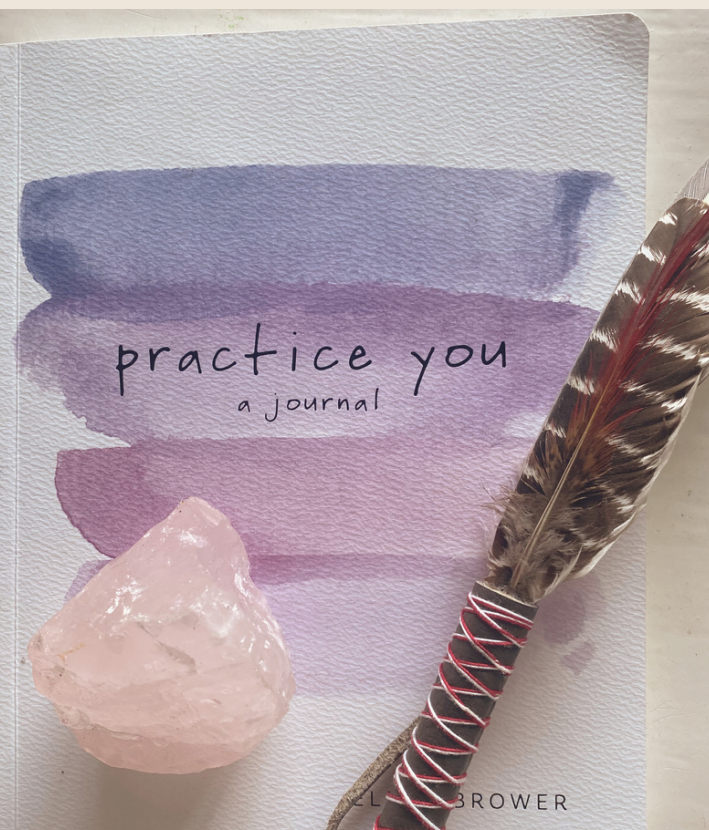
## INVESTMENT

To book your spot or for more information please email - [louise@louisetjernqvist.com](mailto:louise@louisetjernqvist.com)

11 975 kr inkl moms.

A 2 night and a 3 day all inclusive. 50% is paid to reserve your spot & the following 50% are to be paid 2 weeks ahead of the retreat.

The workshop weekend hosts a total of 12 participants.



# PRACTICALITIES

## DRESS CODE

We invite easy, relaxed & comfy clothing though out our weekend. 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

We are serving gluten & dairy free meals, made with love by our private chef. No alcohol is served during this weekend, to honor our process. Snack, tea & coffee are available 24/7.

## TREATMENTS

Our amazing & favorit Elisabeth Göras from wholesome.se will be available on site to share her magic & give treatments.

## LANGUAGE

The workshop will be held in Swedish if no international guests register. Louise & Solledad always teaches in Swinglish.. either way.

## CANCELLATION POLICY

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



# TESTIMONIALS



WITH ONE FOOT IN BIOCHEMISTRY AND THE OTHER IN ENERGY MEDICINE THIS WAS A TRULY TRANSFORMATIVE WEEKEND - ON MANY LEVELS. IT INVITED A DEEP DIVE WITHIN, FINDING TOOLS TO CALM MYSELF IN THE EYE OF THE STORM COURAGE TO BE IN THE STORM. GUIDING ME WITH MY HEART AS THE COMPASS TO LOCATE WHERE I AM TODAY AND WHERE I WOULD LIKE TO GO.

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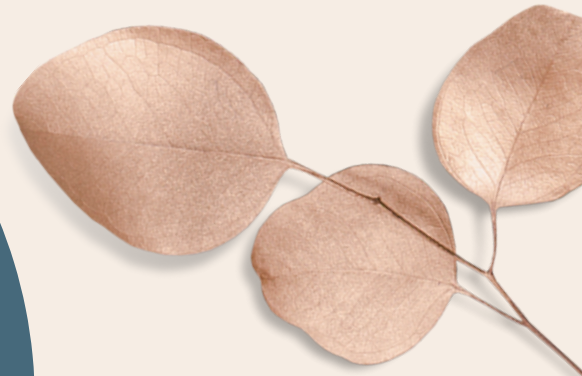


THIS HAS BEEN BOTH EDUCATIONAL BUT FIRST & FORMOST AN EXPANSION OF MY SENSES. I REALIZE THAT I STAND IN MY OWN WAY YET I HAVE GAINED HOPE - FASCINATED BY THAT THE BODY DOES NOTHING BY CHANCE. I KNOW NOW THAT THERE IS NOTHING WRONG WITH ME - THAT THERE IS ROOM FOR ME - WITH MY WORDS AND THAT MY LOVE MATTERS.

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THIS WEEEKND HAS OPENED UP A WHOLE NEW WORLD TO ME. THANK YOU VERY POWERFUL.



## ABOUT LOUISE

With her unique experience & combination of Native American medicine, the Biology of Trauma® lens & 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 heroes.

*Louise xoxo*

## ABOUT SOLEDAD

Joining me this weekend as a co-teacher & healer is my dear friend & colleague Soledad. With her South American roots this modern shaman is as beautiful on the inside as she is powerful.

Her transformational & integrative way of combining Energy Medicine & The Law of attraction clears & raises your vibration & frequency to your highest potential.