

Discover your inner Wisdom

Your compass for a fulfilled life

Retreat

May 31st to June 4th, 2023

Oasis Naturelle, Ardèche, France



**«You do not need to look for the source of life,
it is inside of you.»**

We are living in a time of great changes, an information overflow and fast moving technological advancements. To move through these challenges require a lot of effort and energy in daily life.

How can we activate our inner resources to lead a self-determined and fulfilling life?

Exercises specially developed in alignment with nature and the horses give you answers and show you the way to your inner wisdom. This will allow you to grow stronger on the inside, regardless of what is going on in the outside world.

During the first part of the retreat, you re-discover your innate resources and how to integrate them into your daily life.

- How and where can I consciously use my breath?
- How can I recognize the language of my heart?
- How can I learn to trust my intuition?
- What messages do my emotions hold for me?
- How do I work with my energy?

In the second part of the retreat, you work with the horses to recognize what your True Self consists of. You learn to stand up for your needs, in order to stay true to yourself. These are valuable principles for a self-determined and fulfilling life.



Program

2 webinars and 4 days of me-time at Oasis Naturelle
Wednesday, May 31st at 19.30h - Sunday, June 4th at 12.00h

May 15th Webinar: Introduction from 20.00-21.00h

May 31st Welcome dinner at 19.30h

June 1st Language of Breath, Language of the Body, Language of Intuition

June 2nd Language of the Heart, Language of Emotions and Energy

June 3rd Define, communicate and stand up for your personal needs,
authentic and conditioned self

June 4th Authentic communities and closing ritual until noon

June 28th Webinar: Review from 20.00-21.00h

Energy exchange: CHF 1490.— (incl. lunch, snacks)

Two experienced coaches and horsewomen, together with a wonderful herd of horses, accompany you on this amazing journey to your True Self. Amidst the beauty of the Ardèche and in a magical chestnut forest, you re-discover your inner wisdom and its capacity to guide you in daily life.

We would be delighted to accompany you on your journey with our herd.
Marina, Carina, Beat - Magic, Sky, Gaucho, Habibi, Harissa, Sugardaddy, petit Prince



Marina: «Horses continue to be the best teachers in my life.»

I have been living my passion of working with people and horses for 15 years. As Eponaquest Instructor for equine-facilitated learning, I accompany people on their path to a heart-based life. I also offer leadership and teambuilding workshops with horses for companies. Most of my years in the business world were in process and quality management, human resources, export, order processing and purchasing.

I am happy to share what I have learned over the years with horses and how it transformed my life. At the same time, I work with horse owners to strengthen the partnership with their horse through better communication.



Carina: «Trust is the connection - respect is the language.»

Horses are my passion since childhood. I gathered professional experience in various international positions in marketing and communication. My inner voice guided me back to the horses. Together with the love of my life, Beat and the wonderful herd of seven horses, we live in a natural oasis – Oasis Naturelle – in the wild Ardèche in France.

Various trainings and projects with horses, as well as equine-facilitated learning and therapy, and my daily life in the herd are for me my school of life. I am grateful to be guided by my inner wisdom in each moment. I would love to share that with you.





Accommodation

Le Grand Bayle - Guesthouse: double occupancy available for both rooms (single beds), incl. breakfast to make yourself, common shower and toilet, salon, kitchen, terrace, lounge, garden, forest - **CHF 50.- per person/night.**

There are also several B&Bs nearby within 5-10 minutes walking distance or accessible by car.

Location: Oasis Naturelle - Le Grand Bayle, 07410 Saint-Victor, Ardèche, France.
Travel by car: 2.5 hours from Geneva. By train: take the train to Tain L'Hermitage or Valance TGV. Transport to Grand Bayle can be organized.



Registration and Further Information

Registration and workshop information - contact Marina
hello@marinaparris.com, www.marinaparris.com, +41 76 389 06 39

Booking, accommodations and transport - contact Carina or Beat
connect@oasis-naturelle.com, www.oasis-naturelle.com, +33 676 777 095

