



inner nature, outer nature, true nature **PRESENCE IN THE WILD** is a In the wild and gentle nature of the Carpathians, you have the opportunity to nurture the connection with/between your 'outer, inner and true nature'. These often deep experiences of connectedness, presence and clarity are a healthy way in which to (re) connect with your true intentions.

THIS NATURE QUEST, with a 4 days and nights time on your own **(SOLO)** in Nature in the remote Carpathian Mountains, can be a good support if you

- want to free yourself from your busy everyday life and take a conscious break,
- want to be by yoursel and open to more connection & clarity,
- are ready and willing to face some deeper "blockages" and wish to establish a deeper relationship with your inner strength,
- would like to revitalize and realign yourself with life and your inner leader at the source,
- are keen to transform yourself and to nurture the seeds of this experience back home in your daily life.

For more information, please visit our website: www.transformationwithnature.com



A few key facts about the retreat:

ROUGH SCHEDULE - Saturday August 29th - Saturday 5th of September 2020 Arrival on Friday August 28th (if possible) On the morning of saturday 29th August - start at our base camp in Sinca Noua (Guesthouse Equus-Silvania), - Check in, get in touch and inner preparation.

Departure to our mountain camp in the Southern Carpathians (Fagaras Mountains) on the 31st of August. Then from the 31st till September 4th Solo time in the seclusion of the Fagaras mountains and forests. On the 4th of September we will return to our home base Sinca Noua (Equus-Silvania) and close the program at September 5th in the late afternoon. We recommend to

book your travels back at September 6th. **LOCATION:** Our homebase for Day 1/2 and Day 7/8 is Şinca Nouă, Eguus-Slivania Guesthouse / www.eguus-silvania.com Between day 3 and day 7 we are in the mountains / forest in the

Fagaras mountains (about 1.5 hours away from the starting point- by Jeep or 2,5 hours hike/ baggage will be brought by a

Jeep) and then 4 days / nights Solo at 'your spot' (tent).

ARRIVAL / DEPARTURE: Flight to Bucharest or Sibiu (Sibiu) or train to Brasov and then by shuttle to Sinca Noua and back.

Key Facts: Saturday 29.8. -Saturday 5.09. 2020

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to be alone and together with others working at the "essence" **EXPECTED COSTS:**

Privat: €1.560 - incl. 20% VAT, Corporate €1650 - excl 20% VAT (€1980)

This price includes training and guiding expenses, transport to and from solo sites as well food on the solo sites. Not included: travel costs to our homebase Sinca Noua/ Equus Silvania and the stay at our homebase (4-5 nights depending on individual arrival ad departures).

COACHES AND GUIDES: Walter Bertolini & Din van Helden/ Way of Nature Austria & Nature Guides von Carpathia www.carpathia.org

Registration and requests/inquiries – either directly on our website www.transformationwithnature.com

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