

WHAT WILL YOUR 7 DAYS LOOK LIKE?

EXPLORE YOUR 7-DAY JOURNEY ↓

Kelli & Dias

Each day at AWAKENING unfolds as a unique combination of movement, meditation, nature, self-discovery, meaningful connection, and moments of rest. Rather than following a rigid schedule, the experiences flow naturally throughout the week, allowing us to respond to the energy of the group, the rhythms of nature, and the transformational process itself.

1 MORNING PRACTICES

AWAKENING BODY, MIND & SPIRIT



Many mornings will begin surrounded by the peaceful beauty of Lar Horse, with practices designed to awaken the body, quiet the mind, and cultivate our vital energy.

Tai Chi & Qi Gong

Through conscious movement, breathing, and energetic practices, we cultivate Qi, restore balance, calm the mind, and reconnect with the natural vitality that flows within us.

Meditation in Deep Connection with Nature

Immersed in the stillness and energy of the natural world, meditation invites us into a deeper state of presence, inner listening, and connection with ourselves, nature, and the Source of All.

HEALING HORSES

CONNECTION BEYOND WORDS

One of the most meaningful aspects of the retreat will be our encounters with the horses of Lar Horse.

Through Healing Horse experiences, Equine Connection, Horse-Assisted Family Constellations, and Sensory Horseback Rides, we will explore presence, trust, emotions, relationships, and new ways of listening and connecting.

The horses become sensitive companions in a process that often reaches places words cannot.



THE 8 ENERGETIC GATES

OF THE PATH OF LOVE



Throughout the retreat, we will explore the 8 Energetic Gates of the Path of Love as a journey of self-discovery—an invitation to reconnect with your True Self.

Through eight meaningful stages, we symbolically explore the journey of each being—from its Origin to its expression and embodiment as a human being.

Through individual and group experiences, reflection, movement, awareness, and connection, each Gate invites us to explore a different stage of this journey.

A journey back to our essence, to our Origin, and to the deeper truth of who we are.

4 GROUP EXPERIENCES & REFLECTION

SPACE TO SHARE, LISTEN & INTEGRATE

There will be moments to share, reflect, listen, and integrate what we are experiencing—both individually and as a group.

There will also be space simply to rest, integrate, enjoy one another, and allow the experience to unfold naturally.



5 NATURE AS PART OF THE JOURNEY

THE LANDSCAPE BECOMES PART OF THE PRACTICE

Nature is not simply the setting for AWAKENING—it is part of the experience itself.

We will explore the extraordinary surroundings of Lar Horse through guided walks, waterfalls, mountain landscapes, horseback rides, outdoor practices, moments of contemplation, and time immersed in nature.

Some experiences will invite movement and adventure. Others will invite silence. And sometimes, the most powerful practice will simply be to stop... breathe... and listen.

6 MOMENTS TOGETHER

TIME TO CONNECT, LAUGH, AND ENJOY THE JOURNEY TOGETHER.

Not every transformative moment happens during a formal practice.

There will be meals together, conversations, laughter, quiet moments, encounters around the fire, time beneath the stars, and opportunities to simply enjoy being present with one another.

These shared moments are also part of AWAKENING.



EVERY DAY WILL BE DIFFERENT.

Some days will take us inward.
Some will invite us to move and explore.
Some will bring us into connection with the horses,
the mountains, the waterfalls, and one another.

But throughout the seven days, one intention will remain;
to create the space to reconnect with your body,
your heart, nature, and the deeper Source of Life within you.
Seven days to pause.
Seven days to reconnect.
Seven days to AWAKEN.