

w a l k i n g a s
o n e

at

OFF THE GRID

February 25–28, 2022

What is the purpose of the retreat?

The retreat is an opportunity for you to slow down, connect more deeply with yourself, and feel a sense of 'reset' and clarity in your life.



Where are you called to examine your life more deeply, to find more clarity or bring about a certain shift...?



Who is the retreat for?

The retreat is open to anyone who feels the need to slow down, reflect inward and contemplate.



What will a typical day include?

- Silent walks of 4-5 km each morning or afternoon
- Facilitated small and large group sharing
- Experience of the Flow Game one day
- Movement / dance space



What will a typical day include?

- Meals enjoyed together
- Evenings by the bonfire — you're welcome to bring an instrument or your voice!
- Unstructured time for you to swim, contemplate, read or connect with others...





A photograph of a dense forest with sunlight filtering through the trees, creating a dappled light effect on the foliage. The text is overlaid in a bright yellow color.

walking as
one

please contact Taara
at 9535014375
to book your spot!