



OPEN UP FOR BEING WHO YOU ARE

Transformative retreat at Matva Sei, Italy

7-13 May 2020

Come and join us for a transformative retreat at Matva Sei, a beautiful spiritual retreat center at the feet of the Italian alps. We offer free dance, meditations, mindful yoga, circle sharings and hikes in beautiful surroundings. Let this retreat be a stepping-stone for you to let go of old patterns and beliefs that no longer serve you in these new emerging times. What is your heart longing for, what is your way? Open up to your inner truth and expression.

We will hold each other in a loving environment where you can look deeper into yourself and move through old layers. Let your body feel, reflect and start to manifest what wants to emerge through you. It is a universal gift to be the individual you are and meant to be. What is your gift? What is the potential that is not yet manifested? Let's together birth the next level of our consciousness.



The days will look something like this:

We will wake up to an hour of mindful breathing, meditation, yoga in Matva's beautiful yogashala. After a nourishing breakfast we will have a dance workshop where we move, dance and explore our life energy. A vegetarian buffet will be served for lunch. In the afternoons we will have the opportunity to go on different hikes in the area of Valchiusella, for example to "Bella Dormiente", the sleeping beauty overlooking the mountains. One afternoon we offer a visit to the spiritual community of Damanhur and the amazing underground Temples of Humankind. Dinner and lunches will mostly be served at Matva Sei, and for some meals we will visit local Italian restaurants.



Berit Hague

Certified Teacher in Free Dance -The 5 Rhythms- educated by Gabrielle Roth in the US 2004-2005. She is a certified teacher of Rebirthing and has worked as a teacher at Våxthusets Breathing Education Training 1992-1998. Also a certified teacher of Kundalini yoga. Berit has worked as a coach for 25 years



Marie Söderberg

Gestalt practitioner, yoga and mindfulness teacher and Zen Coach. Leadership coach and trainer who is passionate to learn and explore what it is to be a human in these times of profound change. She wants to support others to raise awareness and to find their inner truth, living in harmony with themselves and with Mother Earth. Marie is one of the owners responsible for Matva Sei retreatcenter.

Price and bookings

Price for retreat including accommodation and meals at Matva Sei, is € 875
Booking fee: 300€ to be paid when booking, the remaining fee paid in April.
Not included is: transportation from/to airport, visits to local restaurants and entrance to Damanhur and the Temples of Humankind.

To reserve your spot – e-mail:

marie.soderb@gmail.com, berit.hague@livsdansen.se

