

Elemental Journey in Iceland
6 days Retreat in the South of Iceland
5.th-10. August 2019



Journey through the elements with Icelandic nature and Spirit and embark on a transformational retreat with Solveig Katrin Art Medicine Woman.

We will work through the elements of Water, fire, earth and air with Spirit unfolding us in a vision quest in Icelandic nature. South of Iceland has a lot to offer with its magical waterfalls, volcanoes, lava, and vastness that helps

you to expand. We will explore the elements and work with them in ceremonies, to help us release the old and embrace the New.

We will begin the journey under the majestic mountains of Esja- dragon Mountain.

There we will work with fire - burn away that no longer serves and be invited into this elemental journey with the transforming energy of fire. We will then in the first night connect with Icelandic Earth Mother under her mountains in tents, to start to connect in a deeper way.



Mountain Esjan

From 5.th-10.th of August we will land in the South of Iceland in a sacred place, Skáholt, that will be our base for further exploremet with the elements of nature. Skalholt is a historic place, where early settlement was placed and people had their spiritual and educational base from 12th century.

We will be exploring different energies of waters, geysir, waterfall, rivers and see as well as letting the vast horizon expand our energies to go beyond what we believe. We will cleanse, do ceremonies and experience Earth in her raw form that Icelandic nature will offer.



Every morning we will set the intention for the day, meet for meditation and insight.

We will explore nature and the elements, have a time in silence and retreat. Open our creativity with colors and word in our sketch diaries. Drum journey to take in the day after a long outdoor adventures. Relax in the warm spring waters.

There is the course of working with the elements guided by Art Medicine Woman Solveig, and also plenty of time to relax and enjoy and take in the beauty of nature.



Costs and payment:

Price for a 6 days retreat, 5 nights accommodation, food, admission to secret Lagoon, workshop and art materials:

1350 Euros.

To save your registration, pay non-refundable 100 Euros before February 15th. 2019.

You can divide payment in 2 parts:

1. March - 700 Euros
2. April - 550 Euros

If the journey does not take place, the money will be refund.

Transfer to this bank account and send confirmation to email address:

solveigkatrin@gmail.com

Iban number: IS59 0326 2600 3639 0701 7536 39

Swift number from the bank is: ESJ AISRE

Sólveig Katrín Jónsdóttir

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