

AN URBAN RETREAT IN HELSINKI 3.-4.6.2023

How about treating yourself with a special weekend while visiting Finland?

The focus is on your inner wisdom and comprehensive wellbeing. All your senses will be indulged.

This two-day retreat takes place in a harmonious venue with an amazing view of trees and rocks. You can see and feel the nature around.



The intention is to connect with ourselves in many levels:

- Connection with the spirit
- Connection with the mind
- Connection with the body
- Connection with the soul



We will do plenty of practical exercises and we will also be well nourished with the organic local food.

Lettuce Date's sustainable vegan, gluten free and refined sugar free meals are made with love from organic, nutrient rich and high quality seasonal ingredients that will leave you feeling energized, healthy and good.

The price 390€ / person includes 24% VAT, workshops with exercises and pdf-material, the venue and the food.

The retreat will take place with the minimum of 6 attendees, the maximum is 10 attendees.

It would be an honor to have you here with me!

You are most welcome!

Kaija

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