



GARDEN OF ALCHEMY SOLAR ACTIVATION RETREAT



SOLSTICE

SATURDAY 10.30AM 21.06.2024 - SUNDAY 4PM 23.06.2024

A RESIDENTIAL RETREAT WITH CACAO, AND EARTH
MEDICINE



JOURNEY WITH EARTH MEDICINES TO STEP INTO POTENTIAL



10.30am Friday 21st - 4pm Sunday 23rd June 2024

Annabelle, Morten, (and an assistant) work with Earth Medicine allies to take you through the process of transformation this Solstice Ceremony. Allies include: Cacao, essential oils, nourishing natural meals and herbal teas. These experiences will guide you into your **medicine journey in an intimate group (under 7 people)**. Preparation and integration calls are included to support you.



OUR INTENTIONS FOR THIS WEEKEND

Each earth ally delicately weaves into the experience to help you identify old programmes from your life (and honour them) as we set our intentions to let them go. Here, we can reconnect to the medicine intelligence networks that weave possibility in nature and neurology. As you enter into the journey we take care to prepare your nervous system, to open into a profound experience that will facilitate a process of rebirth.

Lodging and meals are provided for this immersive experience so you don't have to think about any practicalities.

To invite an optimal state of receiving, we have a loving programme available for you around your plant medicine ceremonies in a themed journey of Solar Activation.

Preparation Zoom Call: Wednesday 12th June 6.30-7.30pm

Integration Zoom Call: Wednesday 3rd July 6.30-7.30pm

Cost: £750 - Payment Plans Available

After the medicine weekend, we may also have space to stay longer for saunas and teas, so we encourage you to leave lots of space around this experience.



HOW TO COMMIT YOUR PLACE



[Initial assessment and health overview](#) - if you would like to join please fill in this form and state which ceremony you would like to attend and we'll be in touch.

Please communicate on Signal and don't pass on information without our permission. We will create a Signal group for this event to share all the information you need once your place is confirmed.



MICRODOSING - OPTIONAL EXTRAS

You also have the choice to journey with 4 weeks of micro-dosing to prepare for this journey. Either option includes medicine box with everything you need for your journey and access to our online course.

Option 1. Self Guided

A 3 hour introduction (online or in person) with Annabelle or Morten: **£750**

Option 2. Bespoke Container

A 2hour supported call each week for 6 weeks, with Annabelle and Morten **£2000** - limited spaces.

This journey will need to begin at least 7 weeks before the weekend.

This micro-dose journey is recommended for those:

- Experiencing Earth Medicines for the first time.
- Intending to make deep lifestyle changes.
- Wishing to journey with the Earth Spirits for deeper wisdom,

Bespoke micro-dose retreats are available to support this journey at a discounted cost. Reach out to see what we can create together.

WITH BLESSINGS & LOVE ON YOUR MEDICINE JOURNEY



ANNABELLE AND MORTEN

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Disclaimer

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