



GARDEN OF ALCHEMY

ELDUR

SPIRALS OF GROWTH A MEDICINE DAY



A RETREAT WITH
CACAO & EARTH MEDICINE



WWW.GARDENOFALCHEMY.COM

WWW.ELDURJOURNEY.COM



JOURNEY WITH EARTH MEDICINES TO STEP INTO POTENTIAL



Danu and Morten work with Earth Medicine allies to take you through the process of transformation this Spring Equinox. 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)**. 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.

A meal 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 Spirals of Growth.

Included

Integration Zoom Call

Cost: £280

After the medicine, 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 Health Assessment](#) - 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/Telegram and don't pass on information without discernment. 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 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 Danu or Morten.

Option 2. Bespoke Container

A 2 hour supported call each week for 7 weeks, with Danu or Morten
- 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



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Disclaimer

You are advised to take full responsibility for your own health. All information provided is for informational purposes only and is not intended to be taken as healthcare advice, medical diagnosis, treatment or prescription. None of the information should be regarded as a promise of benefits, a claim to cure any illness, disorder or discomfort, a legal warranty or a guarantee of results to be achieved. Neither is this information intended as a substitute for advice from your physician or other healthcare professionals. You are advised not to use this information for the diagnosis or treatment of any health problem or for prescription of any treatment, including medication. Before altering or stopping any current medications, courses of treatment or medical care, starting any diet, exercise or supplementation program, you should consult with a healthcare professional. If you have, or think you might have, a health problem, your healthcare professional should be consulted.