

# Mini Retraites

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Think of it as a slow, nourishing breath that takes you on a journey to your inner resources. How do you feel right now? What do you need? What nourishes you and brings you peace? What is important to you? What brings you joy, and how can you connect more deeply with your body, yourself, and the people around you?

Step away from the hustle and bustle of daily life, relax, and recharge. Give your body and mind the loving attention they deserve.



What can you expect

Embodied Bodywork

4 Elements Breathwork

Dancing and Free Expression

Meditations

Silence & Stillness

Integration

Massage & Self-Care

Insights and Inspirations

For informations about prices, dates and boekingen  
[info@yinside.nl](mailto:info@yinside.nl)

In co creation with Nicole Dooper - Inner Nature Retreats-  
<https://www.sthiraceremonies.com>



Barbara  
Falorni :  
Inspirational  
Trainer  
Mindbody  
Facilitator,

