

# TRUE NORTH

You are the compass. Life is the Journey.

## RETREAT YOURSELF

Mallorca | September 22-26 | "The First Seed"





# THE RETREAT

Expect so much more than a Wellness Retreat !

We invite you to join us for an enriching experience that will leave you transformed and empowered.

Through *body movement, energizing hikes in nature, transformative teachings, as well as creative workshops, sound experiences and unique body therapies* you will immerse yourself in an empowering journey to enhance your body potential and unlock new dimensions of your mind.

Join our True North 4-Days Retreat if you want to learn new ways of bringing new habits into your life. Master the art of drawing and navigating your own map, and learn new ways to tap into the full potential that lies just ahead of you.







# WHO IS IT FOR ?

Our Retreat is for ANYONE who is

- *curious to discover*
- *open for change & ready to take action*
- *ready to ignite personal growth*
- *searching for their True North direction*



Whether you are a curious explorer, a creative soul, a professional looking for new ways of reaching your goals, a spiritual seeker, or whether you are simply looking for a new way to move and grow, this retreat is for you.

Find inspiration through engaging activities and new experiences. Explore your values, passions and aspirations by expanding your toolbox.



# OUR PROGRAM

3-4 Daily True North Experiences, incl. :

Unique Hikes at special Sights of the Island,  
Sound & Movement, Tools & Teachings  
Meditation & Healing, Practices & Rituals,  
Creative Time, Fun Challenges,  
Self Nourishment & Relax Time.

One-on-One 90 min. unique Body Therapy  
sessions with two of the most amazing  
therapists

4 night Luxury Accomodation at the most  
beautiful spot in Mallorca

Light breakfast, Brunch, Dinner, healthy  
Snacks to nourish you through fresh,  
healthy & Organic Cuisine







# WHAT TO EXPECT

Expect to encounter like-minded people who are on a similar journey of self-discovery and growth.

The retreat offers a space for connection and sharing, as well as a space for individual relaxation and inner exploration.



We believe that - alongside the deep and meaningful experience & work that are the core of our retreat, playfulness and light-heartedness should be an integral part of personal growth and empowerment.

You will leave the retreat with a renewed sense of connection to your true self, expanded awareness, and a roadmap to guide your continued personal journey.





# RETREAT LOCATION

## *OSA MAJOR*

A breathtaking finca on top of a hill overlooking Mallorca where you are met with space and tranquility: Infinity Pool, Stairway to Heaven - a terrace for star-gazing, Paradise Showers, Vegetable Garden, 60 fruit trees & acres of surrounding land where wine, olive oil and honey are harvested.

- *Approx. 35 min. drive from Palma Airport*





## WHAT IS INCLUDED?

- 4 Nights Accommodation at Osa Major
- Meals, Snacks & Beverages
- Full palette of the True North Experiences
- Tools and Teachings
- 90 min. individual Body Therapy Treatment

## WHAT IS EXTRA?

- Travel, Flights & Transfers



# PRICE & ENROLLMENT

2 Pax - Shared Double Room: 1777.- EUR

1 Pax - Double Room: 1.999.- EUR

- *price is per person, tax incl.*

Sign up for our True North Retreat by sending an e-mail to:  
[hello@truenorth-movement.com](mailto:hello@truenorth-movement.com)

We will make sure you receive all necessary information how to enroll. A 50% deposit payment will be required to confirm your spot.

**EARLY BIRD:** first 10 enrollments

- 100 EUR discount to the first 5
- 30 min. private session to the next 5





# YOUR GUIDES

## *JULIA & PATRIZIA*

*The North & the South, the East & the West, and the beating Hearts behind True North.*

*We are committed to help you cultivate a profound connection with your body, mind & soul. We aim to bring the ancient teachings into a modern yet timeless interpretation, providing you with practical guidance for navigating the complexities of contemporary life while honoring inner growth and enjoying the here and now.*



## GUEST

### *GINTARE*

*an amazing Sound Alchemist and intuitive Singer who will create an unforgettable Sound Experience for us. You will feel it in every cell of your body!*

### *KATJA*

*The wise woman, the modern Shaman. She will guide you through a transformative celebration with the Fire as element. You will feel her magic while she treats your body and connects to your soul.*



A group of people at night, silhouetted against a dark sky, with their arms raised in celebration. In the foreground, a campfire is visible, casting a warm glow. The overall atmosphere is one of joy and accomplishment.

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