

# ZEN Spiritual Nature Week 2022

When: September 1<sup>st</sup> – October 9<sup>th</sup>

"That time of year to connect with tranquility, nature, colors & scents and enveloped in the golden autumn lights"

## Day 1- Saturday

### **Welcome in the Cozy Cabin**

At the end of the day, upon arrival there is a fika (typical Swedish coffee/tea moment with some goodies) in the more than 200 years old cabin. Welcome is by Monique Vermeer; your hostess, guide and organizer of this week. For the evening it is settling down in the rustic holiday apartment (wildlife theme) for this week.

## Day 2-Sunday

About earth, forest and fire

### **Afternoon grounding welcome to Sweden meditation in the forest**

After the 1<sup>st</sup> morning and recovering from the journey, we start this week with a grounding meditation in the forest. This is a guided meditation.

### **Lingon berry picking**

Now is the time of year to pick the Lingon berries. We will pick these delicious super berries with baskets and special scoops. This is a true ZEN activity. On Tuesday we will make jam of the berries, so keep space in your suitcase to take a big jar of your homemade Lingon jam back home.

### **Campfire evening**

Around the campfire we drink coffee/tea with some goodies and share personal inspiration and knowledge. We go through the rest of the week's program.

## Day 3-Monday

About water, forest and rocks

Yoga in the forest

### **Afternoon walk to Meåfallet and the Norwegian border stone**

In the afternoon Monique guides a walk to the 30 meter high Meåfallet waterfall. We walk on a nature trail and we walk the trail with 'focus'. Arriving at the waterfall we do a joint meditation.

\*Including 'fika'

## Day 4-Tuesday

About berries and wellness

Yoga in the forest

### **Making Lingon berry jam in the afternoon**

We will make a delicious jam from our own picked berries and meanwhile we will prepare and consume a delicious Lingon smoothie!

\*You'll take a big jar of jam back home!

### **Zen sauna/relax in the evening**

A delightful body & soul treat. Our wonderful and self-built sauna has an adjacent relaxation area and an outdoor deck with seating. There is a color therapy lamp as well as pouring delicious fragrances on the hot lava stones of the wood heated fire stove. You will enjoy the decoration in ZEN atmospheres.

\*Includes fresh fruit, refreshments and healthy tapas. Also includes a foot bath with salt crystals, a bathrobe and sauna towel.



### **Day 5-Wednesday**

About animals, air and a personal gift  
*Yoga at the river*

#### ***Afternoon walk with our horses Cody & Utah***

At the stables is a cozy coffee corner where we do a 'fika' and Monique explains about the horses and the ranch. Together we brush the horses and walk with them in the surrounding area. Feel what it is like to be close to these noble, sweet animals and to enjoy their presence.

#### ***Spiritual Evening***

4 personal gifts:

- Singing Bowls
- Chakras
- Tarot cards
- Gratitude visualization.

### **Day 6-Thursday**

About rocks, water and meditation  
*Yoga in the forest*

#### ***Hiking our National Park 'Döda Fallet'***

Almost around the corner there is a small but very special National Park. Monique guides a walk through Sweden's 3<sup>rd</sup> biggest waterfall that 200 years ago suddenly ran out of water. Experience the history with a walk via a staircase system through the former waterfall and a nature walk partly along the river. We do a guided meditation and we have lunch by the river.

\*Lunch is included

### **Day 7-Friday**

About Buddhism, cultures and cooking

#### ***Visit our Thai Temple & Royal Thai Pavilion***

Only 15 minutes away we visit Meditation Center / Thai Temple; 'Buddharama Temple Ragunda'. In the temple there is the opportunity for a meditation. A meeting with a Thai monk or several monks is possible.

Then we drive a little further and we marvel at the Royal Thai Pavilion which was donated in 1997 by the popular Thai King Bhumibol. Monique guides and explains why this sacred area and its beautiful little Thai Palace is built here.

#### ***Outdoor cooking at the Big Moose Grillhut***

Later in the afternoon we will be at the ranch in the rustic old-west style grillhut. Here we will prepare and eat a meal together with local meat or fish). We cook in a cast iron 'Dutch Oven', hanging over a wood fire. We also offer vegetarian dishes in the Dutch Oven. Cozy we sit around the campfire and sharing our last week experience's.

### **Day 8-Saturday**

Our farewell and your journey back home.



### For whom is this week intended?

For anyone who loves nature and wants to get acquainted with these forms of personal development. Or for those who already have this knowledge, but perhaps want to experience it in a different way through nature.

Keywords: creativity, nature, together, accessible, personal development, animals, spirituality, enjoyment, balance, peaceful, body & mind.

- The guided (YouTube) meditations are by my aunt, Maria Hartjes-Vrugt of 'Mahatma Spiritual Center' in the Netherlands. Together with Uncle Charles, they have been helping people deepen their path to personal growth for decades.
- We practice yoga outdoors unless the weather is not cooperating, we practice indoors.
- Monique is not a yoga teacher, but practices the classical Hatha yoga. It's about shared creativity and we practice the basic course together, with a warming up of stretching exercises and with breathing, posture and balance exercises, all for body & mind.



This carefully created spiritual ZEN week includes 7 nights in our cosy Wildlife themed holiday apartment. This week also includes all activities, various meals, fikas, bed linens, towels, yoga mats + free WiFi.

- This activity week is designed for adults.
- Participation of this week is based on 2 to max 4 persons.
- Participation in the activities is entirely at your own risk (check the website under contact).
- Take out a travel insurance.

For bookings, pricing or questions about this week, contact Monique.

Phone: 0046-73 847 8924/ Email: [info@wildernessadventuressweden.com](mailto:info@wildernessadventuressweden.com) or messenger.

Wilderness Adventures Sweden's concept is small scale and personal = micro tourism.

See also our informative website and many photos: [www.wildernessadventuressweden.com](http://www.wildernessadventuressweden.com).

Travel advice/car rental information can be found under 'Contact'. For questions you can also fill out the 'Contact' form.

**\*\*YOU ARE WELCOME TO ENJOY OUR BEAUTIFUL NATURE\*\***

