



## Hiking safari towards connection and relaxation

From September 29th till October 6th we invite you for a seven day discovery trip on the wonderful Greek peninsula Pelio. We will make easy walks along donkey paths and stone bridges, among lush river beds and shady olive groves. Through simple exercises we open our senses. We will meditate and experience what it is like to move with more awareness. Through our intense contact with nature we find a deep and bountiful relaxation within ourselves. In this relaxed state we will meet a herd of horses, true masters in being fully present.

At the end of the week we will see how we can take our acquired relaxation and connection back home with us.



## Programme

Friday September 29th: flight and transfer to Chorto, Pelio. We will have lunch together and in the afternoon you will have time to 'land'.

Starting from Saturday morning we will make daily combinations of exercises (meditations, sharpening the senses, music), and walks in which we deepen the exercises through whatever the scenery offers us. As a result we will dwell more in the here-and-now, we soften and relax our bodies and tune in to what our beautiful surroundings present. The walks guide us along small beaches, beautiful views and a hidden waterfall.

In the course of the week we include a visit to a herd of horses. Horses recognise energy fields and intentions. They invite us to connect with them with open hearts and without judgement and expectations. We then explore what this open connection brings us and them.

Whenever needed we can include time for personal questions or extra free time. We end the week exploring how we can take the relaxation and connectedness back home with us.

Friday October 6th: transfer to Volos airport. Number of participants: maximum 8.

## About us



José Koster: As humans we are part of nature and 'naturally' deeply connected with it. But due to all the racket around us we have almost lost the ability to feel this connection. After a burnout in 2004 I started working as a gardner and since then my contact with nature is recovering and deepening. In the last 15 years I have followed trainings in sjamanism and I considerably developed my intuition. During nature retreats I experienced how deep my connection with the earth can be: I was very moved

by an oak, a rowan, a landscape. Insights that came to me in these moments still inspire me in my daily life. Since a few years I give the training 'Awakening the senses in your garden', where I teach people to feel more connected with their garden and with nature. Now I look forward to assisting you in opening your senses in wonderful Pelio, so you will be able to experience nature more intensely.

Caroline Pluvier: I have been coming to Pelio for 12 years and every time I enjoy the wonderful nature, the lovely sea and the tranquility of the area. I have gotten to know Pelio very well and together with my husband I made a website with walks that can be downloaded for free. In the meantime I followed the Terra Natura School for Essential Horse Communication, where I learned a lot about body awareness, personal development and being in the here-and-now. As a result my life has become more meaningful and loving, and I am now a more powerful and at the same time softer human being. I look forward to letting others experience 'my' Pelio and the benefits that can be gained from a deeper connection with nature and with yourself.

## Sleeping and eating

During the week you stay in small-scale comfortable apartments at Horto View Apartments ([www.hortoview.com](http://www.hortoview.com)), which are situated in the village and offer a beautiful view over the village and

the bay. Or you could choose for a little more luxurious apartments at Hotel Diplomats ([www.diplomatsholidays.com](http://www.diplomatsholidays.com)) which lies a quarter of an hour walking outside of the village and has a beautiful view over the Pagasitic Gulf. We will arrange your bookings for you. The price also includes three meals a day, starting from lunch on Friday September 29th until breakfast Friday October 6th. We will eat in local tavernas or have lunch somewhere in the field.

## Travelling to Pelio

There are various flights from various countries to Anchialos airport, which is close to Volos. It might be cheaper however to fly to Thessaloniki and take the bus to Volos. Please let us know if you need help to find the best flights.

## What should you bring with you?

- At the end of September the days are still nice and warm but the evenings can be chilly and it might rain every now and then. Bring along your swimming suit but also a pullover and a raincoat.
- Bring good walking shoes and walking sticks if necessary, comfortable clothes, a daypack and the possibility to take at least a litre of water with you while walking.
- A small mat or fleece blanket to sit on outside.

## Price 795 euros.

This price includes:

- Transfer to/from the airport of Anchialos, Volos.
- 7 nights in either Horto View Apartments or Diplomats Hotel for a 2- or 3 persons room. Addition for a single room 140 euros.
- 3 meals a day from Friday September 29th till Friday October 6th.
- Our Awakening the Senses programme, 2 or 3 day parts per day.

Not included are your flights and drinks.

## Are you interested? Do you have any questions?

Please contact Caroline Pluvier, [info@carolinepluvier.nl](mailto:info@carolinepluvier.nl), 0031 6 219 54 566, [www.pilionwalks.com](http://www.pilionwalks.com) or José Koster, [jose@tuinvrouwvannature.nl](mailto:jose@tuinvrouwvannature.nl) 0031 6 177 74 965

## Time to heal. To come to yourself. Back to your true nature.

