

# -Walk Your Talk-

March 15-19 2023, wed 2 pm – sun noon (12:00)

Villa Ekenäs, Otterbäcken, Sweden

## **Shine your light!**

Create your life from a place of Joy.

Be the one who brings the life you have always wished for.

Live your creation and share your experience of it.

Through energy medicine, teaching, sound, meditation, indoor & outdoor ceremony, deep connection with nature & the elements, we remember and reactivate our infinite, higher self so we can dream into being an extra ordinary reality

## **Participate in real life, through live stream or on distance!**

Live: 5775 sek (3950 sek for you who attended this workshop before)

Live Stream: 3375 sek

Distance: 1575 sek

**Venue:** Villa Ekenäs with indoor pool & sauna

## **Accommodation, Villa Ekenäs:**

Shared double room 525 sek/night

Small single room 675 sek/night (1 available)

(incl. clean up, Bring your own Towels & Sheets)

Connect with me if you would like to arrange your own accommodation with Askeviks Camping, that is located approx. 10 min walk from the venue, cabins to let. [www.askevik.nu](http://www.askevik.nu)

I will give you a link for just course fee

## **Vegetarian Food**

You register and pay for your food to Hanna Eneslätt, Ekolokalt Halland, [info@ekolokalt.se](mailto:info@ekolokalt.se), 073-962 02 54

Inform if there is any allergies or special food needed

After registration you will receive an invoice from Hanna

**Meals starts with lunch 1 pm on the day of arrival and finish with lunch at noon the day of departure**

Breakfast, Lunch & Dinner - 2450 sek

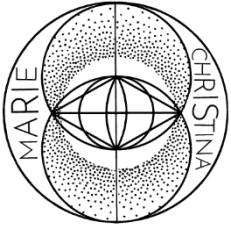
Lunch & Dinner- 2100 sek

Lunch- 1250 sek

extra evening dinner & breakfast 200 sek

**A LIGHTER, MORE EASYFLOWING, EVERYDAY LIFE**





### **For you who sleeps on the Venue**

You have the opportunity to arrive on Tuesday after 4 pm,  
connect with me and you will get a link that includes 5 nights

If you would like dinner the day before the event and breakfast in the morning of the event,  
an extra cost of 200 sek will be added to your food registration from Hanna.

Please remember to inform Hanna at [info@ekolokalt.se](mailto:info@ekolokalt.se), 073-962 02 54.

**To register for workshop** [www.mariechristina.se](http://www.mariechristina.se)

**To register for accommodation at venue** [www.mariechristina.se](http://www.mariechristina.se)

**To register for Food** [info@ekolokalt.se](mailto:info@ekolokalt.se), 0703-962254

### **What to bring for live participants**

If you sleep on the venue bring sheets & blankets (2 pillows in each bed)

If you like to use the pool and sauna, bring bathing clothes & towels

Bring WARM clothes and clothes for all kinds of weather for indoor & outdoor activities.

Something to sit/lie on outdoors and indoors.

A blanket to keep you warm when energy shifts occur.

Indoor shoes/ warm socks

Tea/ coffee / fruits for your own use

Pen and paper

Things you want to give an energy boost at the altar.

### **Live Stream:**

Test your connections before we start so you know how to log in

(log in link will be sent in a separate email) prepare your phone/computer with headset/ earbuds  
so you get the best sound out of the Gong Meditations.

Make a space where you can sit in private and have access to a place to lie down

Blanket, fruit, tea, water, pen and paper.

### **Distance:**

Live your life, but be aware that energy work are in progress , you can be tired, distracted,  
unexpected feelings arise, super energized, vivid dreams etc.

Just be grateful for everything that shows up in and around you. Love them, thank them  
and release them. Raise your vibration - bring in things you Love!

You can connect with me through mail or messenger and I will get back to you

....sooner or later :-)

Listen to the audio files and you have the Foundation pdf for clearing and  
boosting tips.

**Directions to Venue** - Villa Ekenäs, 547 72 Otterbäcken, Sweden

**GPS** : WGS84: N 58° 51.6433', E 13° 57.1683'

Decimal: 58.8607, 13.9528

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