



The Bio-Leadership Project
Leading Change with Nature



2- 4 June 2023 in Catalunya, Spain

INTO THE WILD

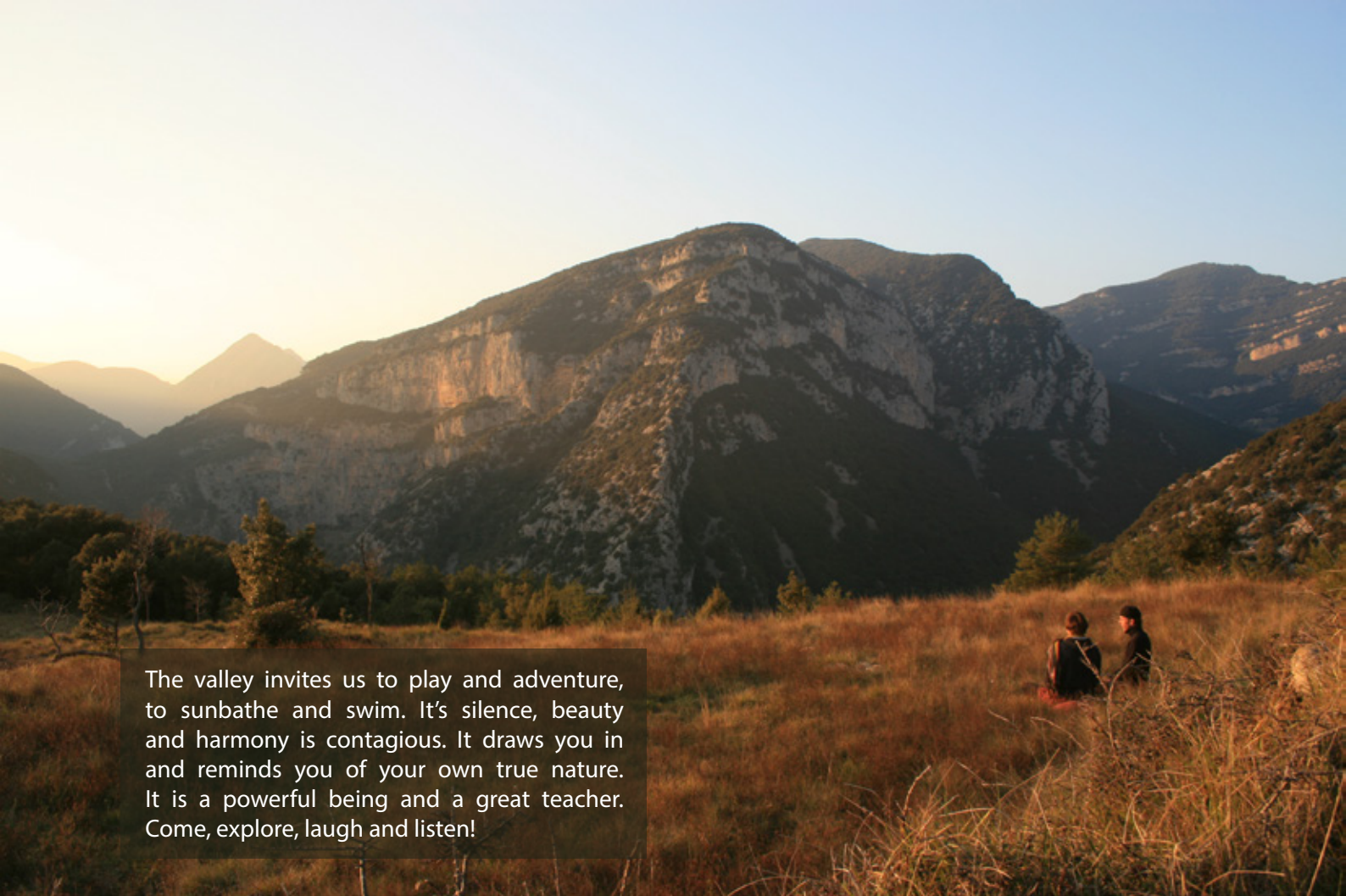


AN INSPIRING NATURE RETREAT WITH A
24H WILDERNESS SOLO AT IT'S HEART

INTO THE WILD is a deeply inspiring three-day retreat, set in the foothills of the Spanish Pyrenees. The carefully facilitated programme creates a safe space to step out of everyday busyness in order to slow-down, to reflect on your life's journey and to discover the joy and completeness of our natural state. At the heart of the experience is a 24-hour wilderness solo - time alone in nature - an ancient, potent and auspicious tool for growth, healing and transformation. For most people the solo feels like a great adventure, a big step into the unknown. Come, explore and receive the Valley's gifts. You

will leave recharged, inspired and with new insights and perspectives. The retreat is based at our centre for nature-based learning in the magical Sant Aniol valley, 1 hour north of Girona. Into the Wild is skilfully facilitated and hosted with love and great care.

The programme is designed for anyone, young or old, who seeks inspiration, needs a break from the roller coaster, or is at a point of transition, healing or growth in their lives.



The valley invites us to play and adventure, to sunbathe and swim. It's silence, beauty and harmony is contagious. It draws you in and reminds you of your own true nature. It is a powerful being and a great teacher. Come, explore, laugh and listen!

PROGRAMME

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- We will begin on Friday the 1st of June at 10.00 at the carpark in Sadernes. The day is about 'arriving' in the valley, in our selves and in the group. We'll explore the valley on stunning walks, through canyons, forest areas and adventure trails. Throughout the day we will make space to deepen the inquiry into our life's journey and bring into awareness the different aspects of human nature. In the afternoon we will introduce tools that can support our solo and help us make best use of this sacred experience. Also we will give time to practicalities like packing our backpacks for the solo.

- Saturday we will start with a guided meditation and deep relaxation. Before heading out we will explore how to work with emotions and look at other safety aspects related to your solo. After a ceremonial pre-solo brunch we will leave for solos. You will be supported with setting up tent and settling into your solo spot where needed. No previous experience of

wild camping or outdoor adventures is necessary.

- On Sunday we return from our solos with a celebratory lunch awaiting us. After lunch we make space for an amazing day, reviewing the solo and sharing insight, ideas, and stories. We will help you with bringing the gifts you received into your daily life. We will close the programme at 18.00 allowing time for you to travel home in the evening or on Monday morning.

Please Note: One extra night either before or, at the end of the programme is included in the price.

BOOKING & INFORMATION

Our home will be the magical Masia Pont de Valenti in the heart of the Sant Aniol Nature Reserve right next to a beautiful mountain creek. The house is our home during the days, at night participants sleep in comfortable tents equipped with a mattress right next to the house.



BOOKING & INFORMATION

Venue

The course is based at the Easy Day Center for nature-based learning right in the heart of the Sant Aniol Valley nature reserve. The place is situated right at the banks of the mountain creek and is surrounded by colourful limestone cliffs. The modern stone-house offers a magical atmosphere and diverse facilities that make it an ideal home for this retreat.

Participants sleep in comfortable tents, offering single cabins with a mattress. You are asked to bring their own sleeping bag and bedsheet.

We will enjoy a healthy and delicious vegetarian diet prepared with love.

Travel

The location is reached easily by rail, road or plane. There are good flight connections to Girona airport (www.ryanair.com), or Barcelona airport. Getting to Girona by train is also very convenient.

We provide transfers from Girona airport or train station against a small fee. More information on getting here will be provided in the welcome pack.

Cost

450,- Euro per person. Facilitation, meals and accommodation are all included. Also included is an extra night at the house, which you may wish to take after the official programme closure.

Booking & Information

For questions and to book your place please email: javi@bio-leadership.org or contact Javi via Whatsapp: +34.655 58 12 73

We will then send you an information and registration pack covering all further details. You can also visit our website at: www.easy-day.com for more general information on the place and Easy Day's activities. Your co-host is the [Bio-Leadership Project](#).

Safety

We employ a comprehensive safety and risk management (SRM) policy and are covered by a professional liability insurance. Our backbone are 25 years of mountain guiding and programme facilitation.



The group of participants is supporting one another in the experience. We help one another to explore, to be open, to discover and receive the valleys gifts.

GUIDES & FACILITATORS

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Korbi Hort



As qualified guide and group facilitator Korbi draws on over 25 years of experience and has safely led thousands of people through transformative learning adventures.

Korbi is passionate about creating atmospheres and spaces in which people feel at ease and inspired to explore what truly matters to their hearts. During Into the Wild both, the valley and the facilitated process, will support us to become inwardly silent, empty and open. Because it is here, that we begin to experience, understand and appreciate the completeness and contentment of our natural state of being.

Korbi is a director at the Easy Day Centre for Peace and Sustainability. He holds a Masters degree in Sustainability and Business Responsibility from Ashridge Business School and a BSc in Outdoor Education from Edinburgh University. Korbi lives in his cherished Sant Aniol valley in Catalunya, Spain.

Javi Gras



I have a degree in Civil Engineering from the UPM. I have a long experience as Project Manager in international engineering projects, coordinating teams and developing road infrastructure projects. My last years as an engineer have been aimed at launching innovation projects to implement more sustainable and regenerative processes in the technical office where I worked.

Currently I have joined the Bioleadership Project team to lead projects that generate change in the narratives of progress and leadership, through a culture of deep connection with nature, introducing principles of resilience, circularity and community.

Wilderness solo nature retreats have had a profound impact on my life and I am looking forward to facilitate such a precious experience for you.

“When you are in touch with the dimension of Being within yourself - and being in touch with it is your natural state, not some miraculous achievement - all your actions and relationships will reflect the oneness with all life that you sense deep within. This is love.”

Eckhart Tolle



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