

Wake Up

“We are Wildness” Retreat 31 July-7th August

Mindfulness – Hiking – Connection with Nature

- Walking retreat
- 6 nights under the stars
- Meditation, dharma sharing and silence
- Material and nutritional simplicity
- Solo time, rituals, singing, and games

“The wilderness holds the answer to more questions than we have yet to ask”
Nancy Wynne Newhall

Join us for a WakeUp retreat in the Swiss Alps based on the practices of Plum Village. In this magnificent setting we will discover and awaken the vast landscapes within ourselves.



Cost participation CHF 150.-

For more information:
wildnessretreat@gmail.com

[To register](#)