

The Call of the Arctic North

Arctic Norway — 5 to 12 July 2027

The spirit of the journey

This retreat offers an immersion in Arctic nature, to explore shamanic traditions and develop a deep relationship with nature and the living world.

Guided by Dominique and Laurent, shamans rooted in European and Mongolian traditions, participants discover a range of spiritual practices: rituals in nature, drum journeys, meditations, contemplative walks and ceremonies connected to the elements.

The stay takes place in an exceptional natural setting in northern Norway, conducive to opening perception and to inner transformation.

General information

8

Days / 7 nights — 5 to 12 July 2027

6–8

Participants — a small, privileged group

40

Minutes' drive from Tromsø airport

Arctic Norway

Destination — Tromsø region

Ark of Kira

Venue — Ersfjordbotn fjord

Getting there & arrival

International flight to Tromsø (Tromsø Langnes airport). Participants are welcomed in Tromsø and then transferred to Ersfjordbotn, roughly a 30 to 40 minute drive.

Transfer

A group transfer is normally arranged from the airport to the retreat venue.

Accommodation, meals & climate

Accommodation

Accommodation is at Ark of Kira, in the home of our shamans Dominique and Laurent. Comfort is basic. If you need more comfortable lodging, we invite you to book it yourself; the cost is at your own expense.

- A quiet, unspoilt natural setting

- Simple and warm accommodation
- Shared rooms possible
- Communal spaces for the practices
- If you would rather sleep in a tent, you are welcome to bring your own tent and sleeping bag.

Accommodation during the retreat — three options

At Ark of Kira	€1,290
In a tent	€1,190
In a nearby guesthouse, booked by you	€1,100 + nightly rate

Meals

Food is sacred: it is our relationship with the Earth. Meals are prepared together, in the spirit of this shamanic approach.

Nature-inspired cooking

- Local produce
- Wild herbs
- Vegetarian option available
- Wild-plant cooking workshops may be offered during the retreat.

Climate and weather

In July, the Tromsø region offers:

10°C – 18°C

Typical temperatures

Changeable

Sun, wind, rain all possible

Midnight Sun

The sun does not set

Clothing suited to Nordic conditions is essential.

Programme & inclusions

Open to anyone drawn to spirituality, nature and shamanic practice. The programme includes walks in nature, outdoor activities and outdoor living, as well as gentle bodywork. Normal physical fitness is recommended.

Indicative programme

Shamanic practices

- Teachings from shamanic traditions
- Drum journeys and sound journeys
- Shamanic healing

Body & movement

- Qi Gong and Yoga
- Meditations and silent contemplative walks
- Bivouac in nature

Ceremonies & rituals

- Ceremonies and rituals in nature
- Midnight Sun Ceremony
- Fire Ritual
- Ritual sauna and water baths

Nature & cooking

- Plant foraging and the teachings that go with it
- Wild-herb cooking workshops

The programme may be adjusted according to the weather and the energy of the group.

What is included

- Guidance and teachings
- Ceremonies and practices
- Accommodation during the retreat
- Meals during the stay
- Activities and workshops

What is not included

- International flights to Tromsø
- Travel insurance
- Personal expenses
- Individual transfers outside the group arrangement

Equipment, formalities & spirit of the stay

Recommended equipment

- Waterproof walking boots
- Warm clothing (jumper, fleece)
- Waterproof jacket and trousers
- Comfortable trousers
- Hat and light gloves
- Water bottle
- Backpack
- A personal notebook
- Clothing for meditation or yoga
- Sleeping bag
- A drum, optional, for those who have one

Formalities

A valid passport or identity card for European nationals.

Travel and cancellation insurance is recommended.

Spirit of the stay

This retreat unfolds in a spirit of respect — for the place, for nature and for the group.

- **Openness** — live the experience with an open heart
- **Together** — respect the rhythm of the group
- **Silence** — preserve the quality of silence and of the practices