

The Awakening of the Northern Lands: Shamans & Wisdom

A sacred immersion in the wild vastness of Sweden

Southern Sweden — 27 September to 4 October 2027

The spirit of the journey

Treat yourself to a timeless sanctuary, where the earth still whispers the secrets of the ancients. In the heart of Southern Sweden, amidst a nature that remains pure and sovereign, we invite you to celebrate the solstice. In this land where space is king and silence is a melody, come and rediscover your original rhythm.

Here, between boreal forests and crystalline lakes, the invisible becomes palpable. Red wooden houses — havens of warmth and light — welcome us between outdoor ceremonies, offering a striking contrast between the raw force of the elements and the gentle embrace of Swedish "hygge".

Guided by Loreia and the wisdom of the ancients, you will learn to transform your intuition into a force of sovereign leadership, while savouring the warm embrace of the Scandinavian way of life. A timeless spiritual odyssey for anyone wishing to finally shift from being a follower to becoming the conscious creator of their own destiny.

General information

8

Days / 7 nights — 27 September to 4 October 2027

1,870 \$

Per person

Gothenburg

Departure city — Gothenburg Airport (GOT)

Southern Sweden

Destination — primary forest and lakes

Shared rooms

A traditional Swedish house, in full immersion

Highlights

- **Harmonization & Energy** — a week dedicated to aligning your energy centres, carried by the pure vibration of the Scandinavian lands.
- **Dialogue with the Invisible** — through shamanic practices, we will re-weave the bond with your ancestors and the spirits of nature (the Vættir).
- **The Quest for Celestial Lights** — if the sky grants it, we will look up to observe the mystical dance of the Northern Lights, an experience that forever changes one's perception of the world.

"Empowerment" Programme

DAY 01

The Threshold – The Call of the Sacred Fire

- **Arrival:** Landing in Gothenburg and transfer to our sanctuary: a traditional house nestled in the heart of the primary forest. Welcome and bonding between participants over a traditional Swedish dinner.
- **Ritual of Passage:** At nightfall, we hold our first Fire Ceremony.
- **Teaching:** The art of creating a sacred fire from A to Z, according to ancestral ethics, learning how to call upon and welcome protective spirits.

DAY 02

Dawn of the Spirits & Energetic Balance

- **Sun Salutation:** At daybreak, we offer our first gifts to the stars in gratitude for life.
- **Wild Exploration:** Immersion in Swedish wildlife. On the lookout for moose, we discover the millennial flora of the Northern lands.
- **Internal Alchemy:** Workshop on the harmonization of the three bodies.
- **Teaching:** Understanding the impact of energy on our emotions to regain lasting stability.
- **Vigil:** Intentional ceremony under the protection of the spirits of the place.

DAY 03

The Ancestral Oath

- **Connection Walk:** A 2-hour hike to learn how to unite with the elements and protect your energetic field.
- **The Path of Values:** Reflection on the balance between the material world and the spiritual plane.
- **Teaching:** Rediscovering the "5 Fundamental Values" to reclaim your role as a bridge-builder on Earth.
- **Lineage Ceremony:** In the depth of the evening, we take an oath to our ancestors, honouring their struggles and perpetuating their wisdom.

DAY 04

The Alliance of Water and Rock

- **Silence & Integration:** A meditative morning to allow the initial teachings to infuse.
- **Purification Ritual:** Traditional chakra cleansing practice.
- **Experience:** Bathing in the living water of a waterfall, followed by a treatment using stones heated in the embers of the sacred fire.
- **Lunar Chants:** Invocations and sacred songs dedicated to the Moon to nourish the spirits.

DAY 05

The 9 Wills of the Soul

- **Sacred Movement:** Shamanic yoga and solar connection meditation at dawn.
- **Becoming the Creator:** Sharing circle and deep exercise on the meaning of destiny.
- **Teaching:** Exploration of the "9 Wills of the Soul" to shift from spectator to the creator of your own life.
- **Offering Ceremony:** Ritual to seal your intentions and wills.

DAY 06

The Breath of Gothenburg

- **Urban Interlude:** A free day in Gothenburg.
- **Local Immersion:** Discover the charm of the harbour, local craftsmanship, and experience the Fika ritual (traditional coffee break) in the historic streets.
- **Evening Celebration:** Sharing circle and nocturnal ceremony.

DAY 07

The Invisible & Sovereignty

- **Dialogue with Nature:** A hike dedicated to communicating with the spirits of the forest: learning to recognize them and offer the right gift.
- **The Leader's Intuition:** Workshop on distinguishing between fear and intuition.
- **Teaching:** Daring to take your place as a sovereign leader in your own existence.
- **Grand Closing Circle:** Final gratitude to the spirits and sealing of the journey's energies.

DAY 08

The Flight Home

- **Final Circle:** A convivial breakfast and sharing group to prepare for the return.
- **Departure:** Transfer to Gothenburg airport, with a grounded heart and a transformed soul.

What is included

- **Loreia's Spiritual Guidance:** All shamanic teachings, breathwork workshops, sharing circles, and energy healing sessions (chakra balancing, hot stones).
- **Sacred Ceremonies:** The creation and guidance of all rituals (Fire, Water, Moon, Ancestors) as well as ritual supplies (communal offerings, smudging herbs).
- **Accommodation:** 7 nights in total immersion in a traditional Swedish house, in shared rooms to foster a sense of community.

- **Full Board:** All breakfasts, lunches, and dinners (except for the free meal in Gothenburg), including traditional Swedish dishes and non-alcoholic beverages.
- **Nature Activities:** Guided hikes, wildlife observation outings, and forest meditation sessions.
- **Local Transfers:** Round-trip transportation between Gothenburg Airport and the retreat location.

What is not included

- **Airfare:** Your round-trip flights to and from Gothenburg Airport (GOT).
- **The Free Meal in Gothenburg (Day 6):** Your lunch or dinner in the city and personal expenses during the fika (coffee break).
- **Insurance:** Your personal travel insurance (cancellation, repatriation, and health coverage).
- **Personal Equipment:** Your hiking clothes, appropriate footwear, and requested personal ritual objects (crystals, notebook, etc.).
- **Personal Expenses:** Souvenirs and any purchases made during the free city visit.

Other departure dates

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| • 7 to 14 October 2026 | • 26 October to 2 November 2027 |
| • 6 to 13 November 2026 | • 25 November to 2 December 2027 |
| • 6 to 13 December 2026 | • 24 to 31 December 2027 |
| • 4 to 11 January 2027 | • 23 to 30 January 2028 |
| • 3 to 10 February 2027 | • 22 to 29 February 2028 |
| • 5 to 12 March 2027 | • 23 to 30 March 2028 |