

SACRED ORIGINS TRAVEL

Trip notes · Norwegian Arctic

Spiritual Norway: Northern Lights and Yoga with Séverine

Lights of the North and the wisdom of the Sámi shamans · 6 – 13 February 2027

Immerse yourself in the magic of the North for 8 days of spiritual adventure, where the Arctic sky becomes a doorway to the invisible.

This journey offers a delicate blend of yoga, Sámi shamanic traditions, immersion in extreme nature and initiatory experiences in the heart of the Far North.

DATES	6 – 13 February 2027
DURATION	8 days / 7 nights
GUIDED BY	Séverine, with our honoured guest from the Nordic tradition, Gunn-Tove Minde
GROUP	9 to 16 participants
MEETING POINT	Tromsø Airport, 2 pm on 6 February 2027

The programme

Sámi encounters

Teachings by Gunn-Tove Minde and Sámi shamans: myths, joik chants, drumming, offerings and ancestral rituals — and the celebration of the Sámi National Day.

Yoga and energy work

Yoga with Séverine; the basics of ritual practice (structure of a ritual, working with energy and intention); purification, protection and sacred circle; shamanic drum journey.

Evenings under the Northern Lights

The celestial show of the northern lights invites you to wonder, silent meditation or inner prayer.

Arctic nature

Snowshoe walks, dog sledding with your own husky team, offering ceremonies and meals by the fire in the snow.

Day by day (indicative programme, may change)

Day 1 • 6 Feb	Meeting at Tromsø Airport at 2 pm. Three-hour transfer through snowy landscapes to Fjellkysten hotel on the Lavangen fjord.
Day 2 • 7 Feb	Arctic immersion: small local fishermen's museum; warm meal in a lavvu (Sámi tent) with a Sámi shaman; evening ceremony under the auroras.
Day 3 • 8 Feb	Várdobáiki Sámi Centre; dog sledding at Husky Isogaia; evening at Minde Farm with Gunn-Tove Minde (traditional bidos meal, joik and drums).
Day 4 • 9 Feb	Morning hike, offering ceremony to nature, lunch by the fire outdoors.
Day 5 • 10 Feb	To Sortland, the “Blue City”. Free afternoon, dinner overlooking the Arctic light.
Day 6 • 11 Feb	A day in the lavvu: stories, fire, joik and sharing. Ceremony by the sea, outdoor lunch, group workshop with Séverine.
Day 7 • 12 Feb	To Harstad for the Sámi National Day celebrations. Free afternoon, festive dinner.
Day 8 • 13 Feb	Transfer back to Tromsø and return flight.

This journey is an invitation to slow down, to listen, to feel. Through the snow, the silence, the breath of the wind and the dance of the lights, you will walk between the visible and invisible worlds, between body and soul.

Who is it for?

For anyone seeking meaning, renewal and communion with the elements, from seasoned practitioners to curious beginners. This journey is for those who wish to leave the superfluous behind and live what is essential, in the intimacy of a landscape deeply charged with sacred energy.

Flying to Tromsø

Flights are at your own expense: arrange them as suits you best. There are direct low-cost flights from Paris at a very reasonable price if you book in advance. Choose a flight that lands in time for the 2 pm meeting at Tromsø Airport.

Budget

Our services begin at Tromsø Airport at 2 pm on 6 February 2027. As you leave the airport, look for our sign.

The price includes

- All activities mentioned in the programme
- French-speaking driver and guide
- 7 nights' accommodation
- Half board (breakfast and dinner)
- Airport transfers
- Transport to all scheduled stops and activities

The price does not include

- Return flights to Tromsø
- Lunch on 6 February 2027
- Extra night(s) in Tromsø for those arriving earlier
- Expenses not provided for in the programme
- Optional activities (can be booked in advance)

To pay on site

- Services not provided for or mentioned in the programme
- Individual transfer costs

Insurance

You should already have repatriation insurance through your bank card or home insurance: ask for a certificate and send it to the agency before departure.

If you might have to cancel because of an elderly relative, your health or any other reason, take out cancellation insurance, either through us or with the insurer of your choice.

Equipment

You really need to be warmly dressed so as not to get cold during outdoor ceremonies.

The Norwegian currency is the Norwegian krone (NOK, symbol: kr). Current exchange rate: about €1 ≈ 11.69 NOK (European Central Bank).

Trekking boots

A pair of trekking boots for the walks. They should combine four qualities: sturdiness, good support for the foot and ankle (high uppers), waterproofing and warmth. Choose non-slip, deeply treaded and fairly rigid soles that grip the ground well.

Socks and outer layers

Several pairs of wool socks; a mountain jacket or a good waterproof anorak. The most effective jackets against wind and rain are made of Gore-Tex or Micropore, “breathable” materials that quickly wick away perspiration.

Warm layers

Warm jumpers or fleeces: hard-wearing, warm and light, they dry quickly and are soft to the touch. The best-suited, well known to mountaineers, are Polartec, Carline and Ulfrotté. A warm wool or Carline shirt.

Technical base layers

Thermal underwear, top and bottom: this is your first layer of insulation, so choose it carefully. Thin technical fibres such as Carline or Polartec are very effective, warm, supple, comfortable and light, and dry very quickly. Warm waterproof trekking trousers or ski trousers are strongly recommended.

Essential accessories

- A swimsuit and a head torch
- Two pairs of gloves and a wool hat
- Ski sunglasses
- A notebook and a pen
- Your drum, if you have one
- Your personal first-aid kit
- A yoga mat if it fits in your luggage (otherwise don't bother: it takes up too much space)
- An offering to Nature from your home, brought with sincerity

Registration form — Spiritual Norway 2027

Surname and first name

Email and phone

Postal address

Date of arrival in Tromsø

Date of departure from Tromsø

Extra night? (yes / no)

Food allergy or intolerance

Medical repatriation insurance — insurer
and member No.

Registered for travel alerts?
(recommended)*

Emergency contact (name + phone)

Other remarks

* French nationals: Ariane portal of the French Ministry of Foreign Affairs. Other travellers: your own government's equivalent service.

I declare that I have read and accept the general terms and conditions of sale below.

Date

Signature

General terms and conditions of sale

ORSO VOYAGE — 43, avenue des Molières, 78470 Saint-Rémy-lès-Chevreuse, France — Tel. +33 1 30 45 20 60

The general terms and conditions of sale governing relations between travel agencies and their clients are set by Decree 94-490 of 15 June 1994, issued under Article 31 of Law 92-645 of 13 July 1992.

ORSO VOYAGE is registered in the French register of companies, operated by ORSO VOYAGE SARL, registered by Atout France in the register of travel and holiday operators under number IM078160003, with a financial guarantee from APST and insured for €1,000,000 in professional liability with HISCOX, No. HA PRC0136470 IMS, 66 rue de Sotteville, 76030 Rouen Cedex 1, France.

Specific conditions of sale and cancellation

Travelling with ORSO implies automatic acceptance of our conditions.

Prior information

For journeys where the flight is not included, ORSO follows the airline's cancellation policy. Please note: if your flight arrives late and you miss the first days of the programme, ORSO is not responsible for the airline's delay and cannot be held liable for any resulting costs. To avoid cancellation charges on both the flight and the land arrangements, we recommend taking out cancellation insurance with the insurer of your choice before booking (check whether such costs are covered by your insurer).

Where the flight is included in the journey you have chosen, ORSO is fully liable in accordance with Article L.211-16 of the French Tourism Code.

No refund will be made for services included in ORSO's arrangements and not used by the participant.

Booking procedure

Anyone purchasing a service must be at least 18 years old and legally able to enter into a contract.

The booking is definitively confirmed in writing upon receipt of the deposit and the registration forms. (1) ORSO VOYAGE requires a deposit of 30 % of the total amount of the land arrangements booked. (2) The 70 % balance must be paid no later than 45 days before the start of the journey.

Payment

Payment can be made by bank transfer or by cheque. Bank details (RIB / IBAN) are sent by the agency with your booking confirmation. Account holder: ORSO VOYAGE, 43 avenue des Molières, 78470 Saint-Rémy-lès-Chevreuse, France.

ORSO VOYAGE never changes its bank details by email. If in doubt, call us on +33 1 30 45 20 60 before making any transfer.

Cancellation or modification of the contract by the traveller

The traveller does not benefit from the right of withdrawal provided for in Articles L.121-17 and L.221-28 of the French Consumer Code.

Cancellation fees: the 30 % deposit is non-refundable. No refund is possible once payment has been made.

Why these charges? Costs have already been incurred, staff have already been mobilised and the food for the journey has already been bought. To avoid cancellation fees for reasons beyond your control, please take out cancellation insurance with your own insurer or with the insurer we recommend: www.chapkadirect.fr/index.php?action=produit&id=839&app=cd_orsos

Transferring your travel contract

Articles R.211-7 and R.211-9 of the French Tourism Code set out the conditions for a transfer: the contract must be transferred before it begins, and the transferee must meet the same conditions as the original purchaser to take part in the journey.

If not protected by cancellation insurance, and in order to avoid possible cancellation penalties, the client has every interest in transferring their travel contract to a third party who meets the same conditions. The transferee must in particular hold the required documents and have the physical fitness needed for our services.

The client who transfers the contract and the transferee are jointly and severally liable to the agency for payment of the price of the journey and any costs arising from the transfer. ORSO may therefore claim any outstanding balance from either of them.

The purchaser transferring the contract must inform ORSO by any means providing proof of receipt (email, registered letter with acknowledgement of receipt) at least 7 days before the departure date.

Cancellation of the journey by the agency

ORSO is released from all liability in the event of fault on the part of its client or in the event of force majeure, that is, when it is forced to cancel because of an external, unforeseeable and insurmountable event (volcanic eruption, earthquake, cyclone, airport strike, armed conflict, epidemic such as Coronavirus, etc.).

ORSO will do its utmost to find an alternative solution but cannot be held responsible for any additional costs. ORSO will not be liable to pay damages to its clients.

In accordance with package travel legislation, ORSO immediately refunds the sums paid if the contract is terminated by the agency.

Changes to the journey by the traveller; itinerary

All our itineraries are given as a guide and may change due to force majeure linked to the weather, closed roads or unforeseen events. No traveller may take decisions in place of the guide and the local team.

Unless their request is accepted and all resulting costs are borne by them, the traveller may not change the organisation of their stay, whether the itineraries, excursions, accommodation or length of stay.

Changes to the journey by the agency

Before departure: a change to essential elements of the contract (dates, itinerary, destination) or a significant unjustified price increase may be sufficient grounds to terminate your contract and obtain an immediate refund. A price increase is only possible under certain conditions.

If you accept one or more changes, you must sign an amendment to the contract. The same applies if you are offered and accept a substitute journey.

Occasionally a departure cannot be guaranteed for lack of participants; ORSO will then offer you a similar itinerary. We cannot run the original itinerary for you alone or for a smaller number of participants.

After departure: in the event of a change of programme on our part, without external constraint, resulting in changes to services, ORSO will provide compensatory services or refund participants for services not provided or provided at a lower standard than originally planned.

If you bought your flight yourself and the programme has to be revised (flight cancellation, for example), ORSO will do its utmost to help participants find a replacement flight or alternative transport, but cannot be held responsible for any additional costs.

Both parties also understand that any action by the participant outside the scope of the programme or the contract validated by both parties cannot under any circumstances engage ORSO's liability.

International flight delays (flight not included) and luggage

Many delays have been observed with airlines, as well as late arrival of luggage. Allow enough time at your stopover: this will probably limit the risk of your luggage being delayed. If the airline delays your flight, it should normally offer you a hotel and meal vouchers: check with the airline concerned. Remember to let us know by phone. We are not responsible for costs relating to the theft, delay, damage or forwarding of luggage, for which the airline is responsible when the flight is not included in the journey you have chosen.

Price supplements

No price increase is allowed in the 20 days before departure. Prices may be revised, upwards or downwards, only to take account of changes in transport costs, fuel, fees and taxes or exchange rates.

Travel insurance

ORSO VOYAGE strongly recommends that participants take out specific travel insurance before departure, with their usual insurer or with an insurer suggested by the agency. ORSO's preferred partner is Chapka Assurances. There are two types of insurance: medical assistance and repatriation abroad, which you may already have with your bank card, and cancellation insurance in case you have to cancel. Compare offers from insurers for cancellations that do not depend on ORSO VOYAGE.

Passport and visas

A passport valid for at least 6 months and any required visa are compulsory for the entire stay. A certificate of international assistance and repatriation insurance must be provided to ORSO.

Participants' responsibility

Participants in an ORSO journey are responsible for choosing the journey best suited to their interests and physical abilities. They are responsible for their state of health and undertake their journey in full knowledge of their physical capacities. They are responsible for studying all pre-departure information, for following basic rules of personal hygiene, for acting so as not to harm other members of the group, and for respecting the customs of the country visited.

ORSO reserves the right to exclude from activities and excursions any person whose behaviour or physical condition appears dangerous or harmful to the safety, enjoyment and interests of the other members of the group. A person asked to leave an excursion for these reasons will bear the costs of leaving and/or returning home. No claim or request for compensation will be considered by ORSO.

In the event of a dispute

Please first seek an amicable solution with ORSO, which is ready to listen and committed to resolving complaints. We advise you to send your complaints by email (contact@sacred-origins-travel.com) or by post, in clear terms.

If no amicable settlement can be reached, you may refer the matter to the Tourism and Travel Ombudsman (Médiateur Tourisme et Voyage), online or by post: MTV Médiation Tourisme Voyage, BP 80 303, 75823 Paris Cedex 17, France. The referral procedure is described on its website.

Any unjustified or exaggerated attempt to dispute the journey in order to obtain a refund will not be accepted. Everyone is invited to contribute to a respectful and serene atmosphere, so that all participants can fully enjoy the experience they have looked forward to.

Copyright

All services offered by ORSO VOYAGE are, in every detail, creations of ORSO VOYAGE, whose copyright belongs to the agency. It is therefore strictly forbidden to copy them or to compete with ORSO VOYAGE in any way whatsoever.

Insurance

We ask all travellers to be covered by assistance and repatriation insurance, and we strongly recommend our comprehensive (multi-risk) insurance to avoid any cancellation fees, for example if a medical reason prevents you from taking part.

You may already have your own assistance and repatriation insurance (with some bank cards, for example). In that case, after checking that it covers the whole of the journey in Norway, give us all the necessary references when you register: name of the assistance company, policy number and the emergency phone number. Most standard policies do not cover these risks, so check carefully beforehand.

The insurance offered by ORSO VOYAGE is for EU residents. For information, CAP Assistance 24/24 can be taken out by residents of any country. To take out one of these policies, subscribe when you register. In partnership with Chapka Assurances, ORSO VOYAGE offers an insurance contract tailored to your needs: medical expenses, search and rescue costs, luggage insurance, trip interruption and civil liability abroad are among the many guarantees offered. The insurance must be taken out no later than 48 hours after booking the journey.

Participant's acknowledgement of risks and responsibility

I acknowledge that I have been informed of the risks associated with travel to remote areas where damage, delays or unforeseen events may occur. I know that in these areas quality standards, infrastructure, telecommunications, medical evacuation, etc. may be limited and not equivalent to those found in major cities, and that the normal level of medical care and services, including the presence of a doctor or any other person with medical skills and/or the availability of certain medicines, may not be possible.

By signing this document, I accept responsibility for my own well-being and waive any unjustified claim against ORSO. I fully release ORSO from all liability for any accident to my person or any physical illness I may suffer during my journey or on my return. I am aware that ORSO is not responsible for my personal health and has strongly recommended that I take out comprehensive insurance.

ORSO strives to make the itineraries of its journeys as precise as possible. However, if circumstances change or in the event of circumstances beyond its control, it may be necessary to modify them. ORSO undertakes to make every effort to keep such changes to a minimum and, where applicable, to maintain services of a similar category and quality. Any change must first be explained and justified to the participants.

The price given by ORSO is a group price for 2 to 10 people. The group may not exceed 11 participants, except for shamanic journeys, which may have up to around twenty participants. Travelling as a group invariably involves compromises to accommodate the different wishes, goals, personalities and physical abilities of all members. ORSO's tour leaders and/or local guides may have to take decisions based on group consensus, and their good faith will not be called into question. These decisions may not always satisfy everyone individually, but are intended to satisfy the wishes of the greatest number. I am aware of and accept these aspects of group travel, and I release ORSO from any liability relating to such decisions.

I confirm that I have read, fully understood and agree to all the terms and conditions above, in particular the cancellation and refund policy, the limitation of liability and the participants' responsibility. I agree that if all or part of this contract between ORSO and the participant proves unfounded or unenforceable, that part will be disregarded but the rest of the contract will remain in force.

Name

Date

Signature

(Signature of a parent or legal guardian for persons under 18)