
*One to one retreats by Victoria
Elizabeth and Stephen Black at
Além do Vale - Portugal*

Retreat to Sāwol

*Here, I find my self.
Here, I am.*

*An intimate journey to
re-member, connect with and
gather your self*



Who is Victoria Elizabeth?

I am a space holder and guide. I am not a therapist, nor will I fix you or heal you. I offer you my focused attention, my time, my intellect and intuition, the gatherings from my many journeys and a space here in the quiet hills of central Portugal. I offer to guide you through a programme of activities that support the journey of human re-connection to source. Nothing I offer here is beyond what you could do for yourself with enough time and the inclination. You will provide the presence, you will show up for your self and you will bring the magic, the wisdom and the love needed for personal transformation. I will ask you to trust in the process at each stage, and at each stage you must decide how deep you will go.

By way of introduction I will tell you a little about myself and my journey and before you commit to this journey I will ask you to share a little about yourself. I am a white middle aged woman identifying as a woman. I am both young at heart and rather serious. I am in the ongoing process of connecting with the myriad aspects of myself as a whole human (masculine, feminine, mother, child, educator, learner, creator, destroyer etc).

I was born in the UK but an aching desire to explore the world has taken me to live, work or study in Peru, Spain, Czech Republic, Indonesia, South Africa and now Portugal as well as visiting and exploring multiple other regions of planet Earth. Most of my life I've been studying this species called homo sapiens, wondering why these humans are who they are, and who indeed I am. Maturity has expanded my curiosity to encompass the more than human world and indeed the more than earthly world at times.

Studies in philosophy, sociology and languages led to an inquiry into holistic healing modalities, the nature of 'energy,' the practices of western shamanism and the nature of soul. I asked myself, 'is there more to life beneath the surface, beyond what I can see?' My professional training has encompassed Waldorf education, TEFL and space-holding for teens and young people in multiple settings. I have been a seeker, a follower, a reader and a listener, absorbing as often as I could what seems to be true and beautiful in the world. I have primarily learned through challenges, either universally imposed or sought out by myself in times of stagnation.

I remain an optimistic realist, I can visualise clearly the path of human re-connection (to our innate power, love and inner peace) and yet I am aware of the very real obstacles we face as individuals and as a species along the way.

I am committed in this lifetime to leaving a legacy, to embracing the many gifts that have been bestowed on me and transforming those into tools and guidance for future generations.

What will I do?

The arc of this retreat is an inverse rainbow, a big dip down into the fertile soil of our Sāwol (old English for soul) and a return with stories and gold to share.

- **We begin by welcoming you here and connecting to the body of Earth, the plants that grow and the way they nourish us.**
- **Next, we meet our human bodies, beginning a dialogue and process of softening and flowing.**
- **At our deepest point we enter silence, presence, abstinence and deep listening, perhaps we glimpse the soul.**
- **We begin the return with reflection, creativity, connection with spirit and drumming.**
- **Finally we bake our bread, give thanks for the belonging, close the space and begin a new journey.**

Throughout you will have time to discuss and reflect verbally by way of guided questions and you will be encouraged to keep a written journal of your experiences and dreams and/or to draw what comes to you.

You will receive soulful and lovingly prepare vegan food throughout, including wild, home-grown, fermented, organic and zero refined sugar meals and treats. You will reside in a cosy cottage or loft space with access to luxury wild toilet and shower facilities.

On day 3 you are invited to experience a day of fasting and silence in the teepee – again, how deep you want to go is managed by you.

Additional therapies, activities or support can be arranged in advance for an additional cost - please discuss your requirements upon booking.



What do I need to Contribute?

At a time when demand for human re-connection to Earth and soul or 'healing' is high and is part of a 'well-being industry,' I feel loathed to become another peddler of so-called truth; selling lost arts to lost humans. And yet, here I am.

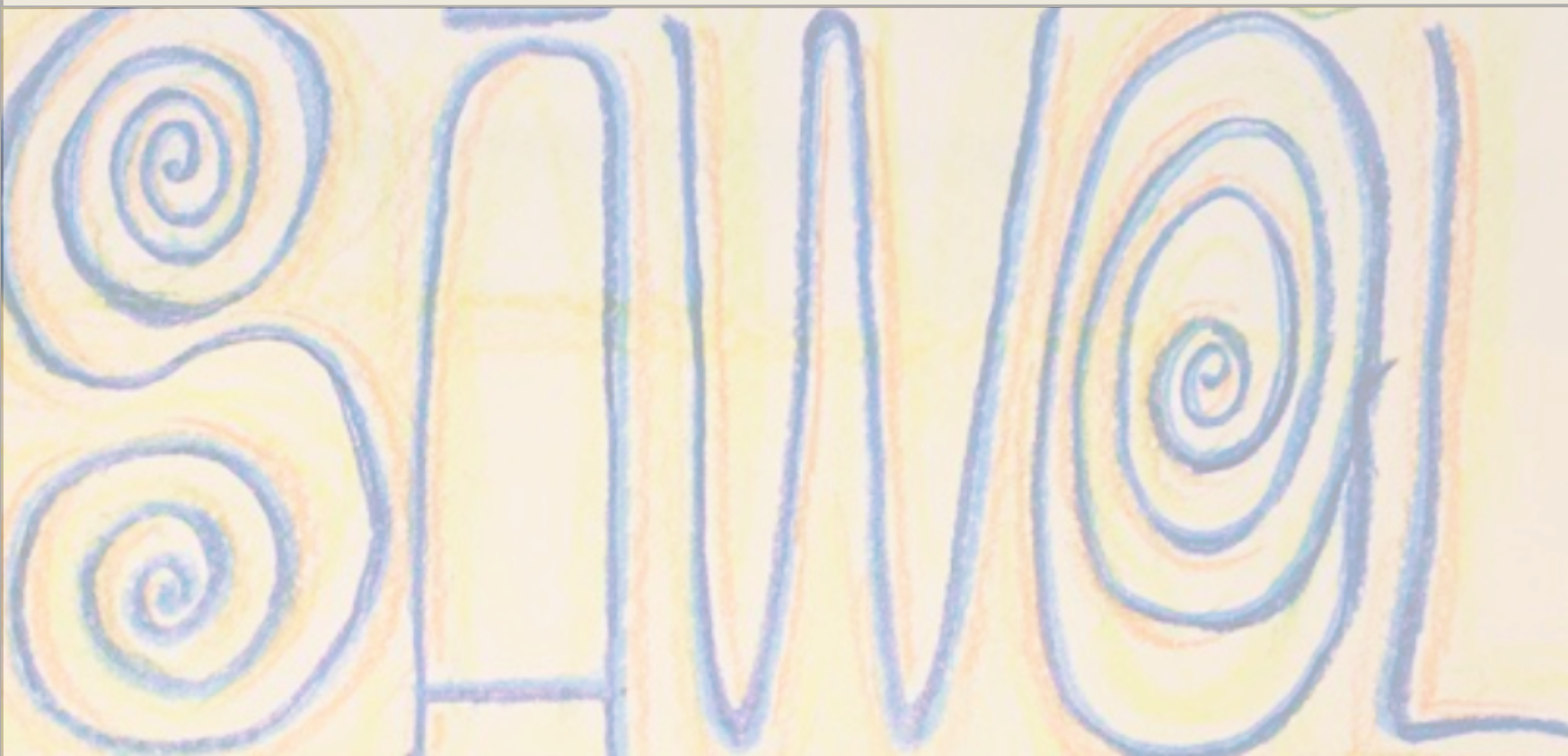
Between myself and Stephen, the Sāwol retreat gives participants access to a combined total of 40 years training and experience as well as the heart and soul we have poured into independently restoring the space we share with guests in this stunning valley sanctuary.

It has long been my vision to host paying guests in order that my continued work with teens and young people is supported and that the ongoing work of regenerating our land for future generations can grow and flourish.

As such, I outline (below) very clearly here the value I am placing on our time and expertise, the exchange I feel is fair to support you on your journey and for us to receive equally in return in support of our mission to be of service to life.

It is my very great hope that participants of our retreat are able to imbibe the skills, experiences and inner wisdom gathered here in order to influence their participation in the wider world as connected, soulful, powerfull and whole selves.

Total cost of 5 day retreat excluding flights and transfers: €930



Retreat to Sāwol

Schedule - Pricing - Details

	Day 1	Day 2	Day 3	Day 4	Day 5
Focus of the Day	Welcoming and Earth Body Connection	Sun Rise Human Body Connection and Softening to Flow	Soul Connection, Listening and Fasting	Sun Set Spirit Connection, Expression and Drum	Bread Baking, Reflecting and Closing
Programme of Activities	Welcome Circle (30 mins)€20	Embodiment meditation (90 mins) €40	Opening safe space for silence (30 mins) Participant spends the day fasting in silent curiosity in the forest. (At any time they can leave the space to seek support if needed). The night is spent in the forest.	Guidance and reflection (60-90 mins) €40	Bread baking workshop in stages (120 mins) €50
	Introduction, guidance, reflection and intention setting (60-90 mins) €40	River Valley Experience (movement)(90-120 mins) €40		Water Colour Painting Exploration (60-90 mins) €40	Guidance and reflection (60-90 mins) €40
	Foraging and plant based food workshop (120 mins) €50	Massage (60 mins) €40		Mountain Top Experience (sound) (90-120 mins) €40	Closing Circle (30 mins) €20
		Guidance, reflection and preparation (60-90 mins) €40		Drum Journey and reflection (90 mins) €40	
Meals	Lunch Dinner Tea and Snacks €30	Breakfast Lunch Dinner Tea and Snacks €30	Breakfast €30	Breakfast Lunch Dinner Tea and Snacks €30	Breakfast Lunch Tea and Snacks €30
Accommodation	Night in Cottage / Loft €60	Night in Cottage / Loft €60	Night in Teepee / Camper van €60	Night in Cottage / Loft €60	
Total Daily Cost	€200	€250	€90	€250	€140