



Church in Friesland - Netherlands
27th-30th of December 2024

Hot Healthy & Healing

Retreat

Leadership Initiation

Step further into your purpose



Our Mission

Our focus is to create an immersive experience that naturally deepens your knowledge and understanding of life. You will leave with tools that promote a regulated nervous system, purpose driven motivation, and the ability to invoke the same in the people around you.

This retreat will take place in a stunning sacred church located in the vast greenlands of Holland (Netherlands). This ravishing space is the perfect container for a transformational 4 day immersion.



Rediscover the
importance of human
connection
and Intimacy.

As you uncover more
love for yourself,
Your heart will lead
In communication
with others.



Itinerary

FRIDAY 27TH OF DECEMBER

Arrival+ Settle in | Dinner | Welcoming ceremony & intention setting

SATURDAY 28TH OF DECEMBER

Morning meditation | Hatha yoga + Light breakfast | Sharing circle | Philosophy + discussion | workshop |
Dinner | Evening Ceremony

SUNDAY 29TH OF DECEMBER

Silent Meditation walk | Vinyasa Yoga + light breakfast |
Breathwork | intimacy exercise | Dance workshop | Dinner | Cacao ceremony and Ecstatic dance

MONDAY 30TH OF DECEMBER

Morning Meditation | Breakfast | Sharing and Integration | checkout

You'll enjoy
the finest fresh foods
of local products three times
a day. Prepared with love
and care at our big
communal kitchen.



*Experience
the additions:*



HOLISTIC HEALING

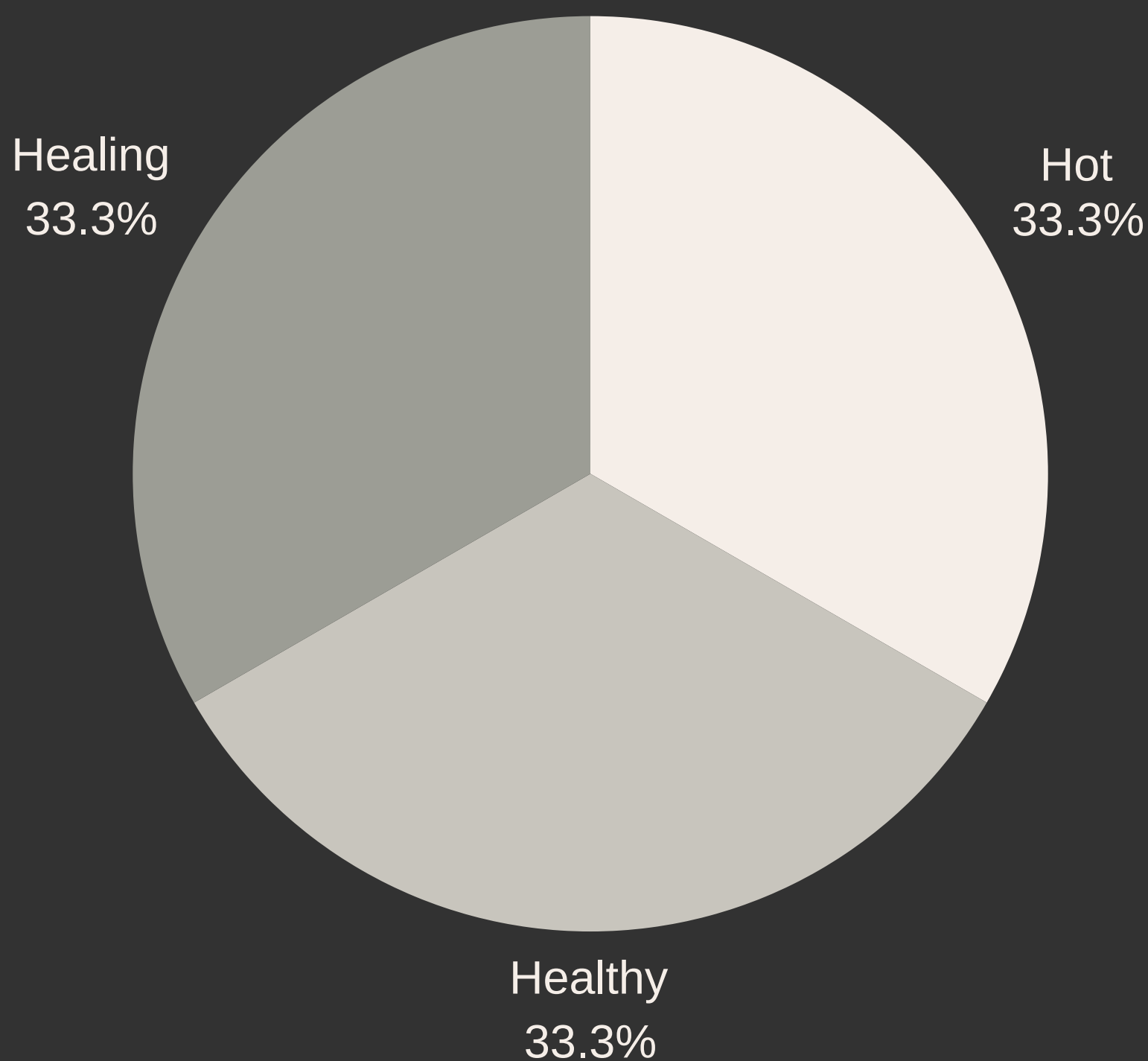
€ 25 Micro dose

€ 50 Reiki massage

€ 15 Rape



HHH retreat



A HOLISTIC APPROACH
LOOKS AT THE WHOLE PERSON.
PHYSICAL, EMOTIONAL, AND
SPIRITUAL WELLBEING.

Recharge
Reflect
Release



AT FRIESLAND

Recharge
your battery for the future

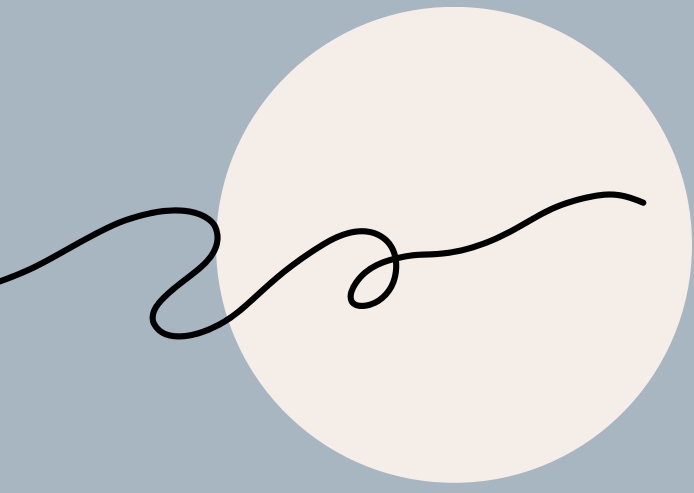
Reflect
on lessons & achievements of the past

Release
what isn't serving you in the present

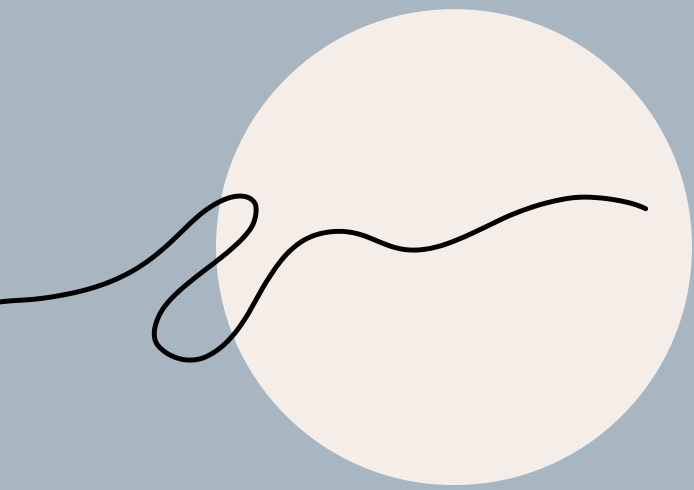




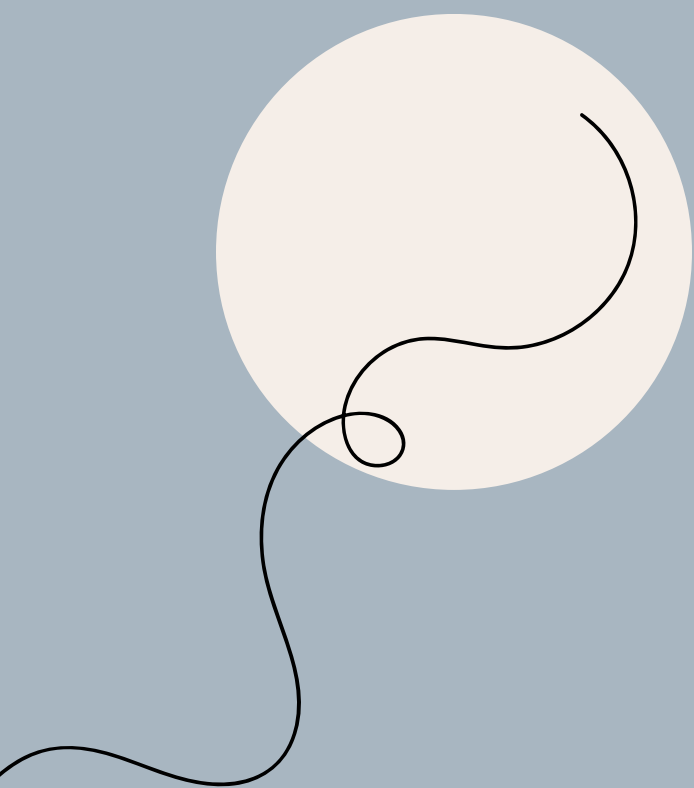
GOOD TO KNOW



All you need to pack is your own clothing, toiletries and a beach towel.



Book your flight asap to avoid a high ticket price. We arrange a carpool from the airport to the location if needed.



We ask you to fill in a form in advance so we're aware of your special needs.
(allergies etc.)

*We'll take care
of all the rest!*

Accommodation

For every budget, we have an accommodation option.
Prices exclude transportation.

Pricing starts at just € 888
for a shared room



SHARED ROOM

€ 888



SHARED
DOUBLE BED

€ 777 pp



PRIVATE ROOM

€1111





*Make your
reservation
NOW*

Our other editions were selling
out quickly.

We work with a small intimate group and
therefore limited spots are available.

It's also a possibility to subscribe for the
waiting list for next editions.

RESERVATIONS

www.hhhretreat.com