



Soul Cycles

Personal & Collective Evolvement
Alternative Healing
Social Artistry

Time Out in nature and quest to the Inner Beloved

Soul in Nature - Nature in Soul

22. - 29. August 2009 in Loco, Ticino, Switzerland

With gentle intensity we loosen our spiritual conditioning and open our senses to the source of soul through the source of nature.... for they are whole.

Communing with nature's beauty and strength, meeting the 'other world', getting in touch with the Beloved - Finding, Sensing, Receiving, Silence, Blossoming, Pleasure, Fullness...

This retreat is meant for people who desire to: fill their resources, widen and deepen their awareness, meet nature and nature of soul in a new unconditional way.

We will spend lots of time out in nature, in daytime and also once at night, therefore it is important to bring: good hiking shoes, backpack, drawing & writing utensils, mat or blanket for outside, bathing suit, comfortable clothes, rain gear, thermos or drinking bottle.

Notice: This will 'not' be a hard-core nature trip, but a consciously gentle experience!

„Becoming...every moment...is the sense of being.“

Date: 22. - 29. August 2009, Arrival 21st afternoon or evening
Time : Starting 22nd at 9am, Ending 29th after lunch
Costs: Course: 600 Euro, room ca. 17 Euro per night p.P. at self supply
Place: Palazzo Armonici, Loco, Ticino, Switzerland
Registration: hermes@soul-cycles.com or Tel/Fax: +41 91 7971863
Registration is required until latest 15th July 2009.

Further information by phone or at: www.soul-cycles.com.



Betina Hermes is a mentor and mediator, a therapist and teacher, a soul-searcher and lover of nature. Her understanding of different cultures and behaviours deepened through the experience of living and travelling in India for 12 years.

Betina worked as a teacher and class Dean for 7 years at the Snowlion Center School for Integrative Energy Therapy. She graduated from the Centre of Intentional Living for Depth Psychology and Spiritual Development. Currently Betina is researching Archetypal Psychology. Her passion for the Soul's depth motivates her own explorations, and inspires Soul Cycles diverse offerings.