

A deep immersion in the magical nature of northern Italy, opening up to different energy awareness modalities, Sound Healing, Breathwork, Yoga & Sacred Cacao.

# DIVING INTO OUR INNER OCEAN

Aligning ourselves through  
energy movement & emotional release

**3-7 APRIL 2023**

Province of Piacenza  
Emilia-Romagna region, Italy

Facilitated by  
Susana D.S. Tavares & Florine Gabriël

# AN INVITATION TO DIVE INTO YOUR INNER OCEAN

*"Trauma healed becomes medicine."* - T. Morrison

A transformative immersion, based on different techniques, to unlock hidden potential, release emotional trauma, remove energetic blocks and stimulate the kundalini energy. We welcome those who want to dive deeper into a sustainable healing process, giving space to a more authentic and centered version of themselves.

All of us, to a certain extent, remain attached to our pasts, through traumatic survival mechanisms which we keep repeating throughout our lives. Letting go is a choice we all have and for some of us there comes a time in life when we feel ready to evolve by letting go of the past and integrating our experiences as adults. Peeling away the layers of limiting conditioning and discovering the potential of our true essence.

Opening into truth and liberation to bring awareness and exploration of who we deeply are underneath the veils. Within the truth of our heart we are able to connect with the Source.

We will dive into the world of Kundalini yoga, gong vibrations, meditation, Energy transmissions (KAP), the fascinating and profound experience of *Breathwork* for emotional release and process guided work and perceptual tools. To start the retreat at our best we have also planned a beautiful cacao ceremony.

All these tools combined create a very complete and effective opportunity to integrate past traumas and emotional wounds, to release stress and unintegrated emotions, to evolve as human beings. To let go of unhealthy patterns and beliefs, to forgive the past and create a new, healthier and more authentic relationship with ourselves.

## CONTENTS & PROGRAM

The Immersiono will start on the 3th of April at 16:30h and we will close the circle full of expanding experiences on the 7th of April at 14:30h. More details after registration.

Typical daily program:

- Morning yoga, movement or mindful walking
- *Healthy breakfast*
- First group session
- *Delicious lunch*
- Second group session
- Free time / integration time
- *Heartwarming dinner*
- Free time / integration time
- Soundbath, meditation, or deep relaxation
- *Restful sleep*

## KUNDALINI YOGA

Kept hidden in India until 1969 and known as the Yoga of Awareness, Kundalini Yoga is regarded as one of the most powerful and comprehensive practices for aligning body, mind, soul and spirit. It combines various techniques and tools. It is a technology and an art at the same time. Its power comes from releasing that potential energy, called Kundalini, a latent energy reserve that is represented as a coiled snake at the base of the spine. This great energetic potential, if awakened and brought up along the spine, stimulates and activates all the chakras, rebalancing them at a higher level of awareness.

KY works with kriyas, that is, sequences of postures, mantras and movements associated with particular breathing techniques and meditation. Through the practices, will power is reinforced, the blood circulation is stimulated, the tissues and organs are purified and fortified, the glandular system is balanced, energy unblocked and the nervous system is strengthened.

## KAP- KUNDALINI ACTIVATION PROCESS

Life is asking us to slow down, soften and come into embodied experiences. In our sessions the focus will not be directly the activation of the Kundalini Awakening process, but first and foremost to find a deep connection with your heart center. Where you have the possibility and opportunity to open and connect with the Source. In the embodiment of this journey we start to feel empowered and to take conscious ownership of our lives.

From this awareness we slowly, softly and with ease go into the density of the lower three chakra's (feminine energy). Here we often hold on to traumas and (negative) beliefs, as well as our creativity, power, authenticity and life force energy is stored. To enter this journey, we gently open ourselves, surrender and trust the energetic process that has the possibility to guide you into the parts of you that have been hidden.

## BREATHWORK

In Breathwork sessions we create space together to move through emotions, (blocked) energy, patterns and traumas. Trauma occurs when we experience a given situation too strongly, too fast, or for too long for our nervous system to fully process and integrate what happened. All the experiences in this or previous lives, strong or milder, that haven't fully been integrated, remain present in our physical and emotional bodies even when the mind forgets.

A Breathwork session gives you the opportunity to open, let go, or transform the defensive armour that has been created. When these experiences (or traumas) are integrated, they can be released in the emotional and physical body. This turns into a medicine to heal yourself.

## INTEGRATION

In the free moments of the retreat, you have the opportunity to further deepen your practice into slowing down and easing into what's moving inside of you. A time to integrate, journal, walk outside and connect to what is in the moment, alone or together.

## PROCESS GUIDED WORK AND PERCEPTUAL TOOLS

In the process-work we will use various tools with several purposes, but focusing primarily on emotional release and vibrational attunement: Breathwork, Bodywork, Somatic Dance, Sacred Sound (gong bath), amongst other tools.

Through these tools and experiences, stuck emotions can be released in a safe way.

Somatic movement works directly with the nervous system to release chronic muscular tension and pain, which is often a result of trauma, unhealthy patterns and belief systems. It helps you to release, let go and integrate the tension in the nervous system and bring it into a calm and peaceful state.

We will also share profound perceptual tools which will allow you to look into yourself and life from a whole new different perspective, one less biased by society, by fear, by self-centered mind schemes.

## SACRED CACAO

We will activate our heart-space through the ancient wisdom of the Cacao. We will dive into the power of this heart-opening medicine and into the layers within ourselves. As we connect with the seed, the ancestral lineages and directions from which we are coming from become clearer and more accessible.

## DELICIOUS FOOD

Homemade vegetarian meals are prepared with love using bio local ingredients to nourish our bodies and souls. The fresh water that is used to drink and cook comes from a spring source at Miri Piri. Menus for different dietary needs are available on request.

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The retreat is profound and intense, but open to virtually all people, even those who have never practiced any of the techniques offered.

The main language will be English, but other languages are possible in some moments if requested; Italian, Dutch, Portuguese & Spanish.

## LOCATION

The retreat will be held in the beautiful Miri Piri Retreat Center, in the green hills of Northern Italy. It is located on the hills of Piacenza within the protected area of Monte Pillerone at 450 m above sea level, just about one hour south from Milan. The hills surrounding the location are entirely covered with woods and vineyards, the perfect place for long walks where the only encounters will be roe deer, foxes, hedgehogs, squirrels, buzzards. Here you can find the space to slow down and integrate all the transformation we go through during the retreat.

Miri Piri chooses consciously to work in a sustainable way, using only natural local materials such as stone, wood, seasoned lime, raw earth and brown cork.

## INVESTMENT

Your investment includes a 5 days/4 nights stay in nature at the beautiful center Miri Piri, all workshops, delicious food (3 vegetarian meals per day) and an unforgettable deep personal, emotional, spiritual and social experience. Yoga mats and props are provided by the center, as well as towels and bed linen.

Retreat prices depend on accommodation type; travel to and from the center not included:

- In a beautiful dormitory room (4 people): CHF/€ 950.-
- In a beautiful triple shared room (3 people): CHF/€ 1'050.-
- In a beautiful double shared room (2 people): CHF/€ 1'185.-
- In a beautiful single-use room: CHF/€ 1'295.-

Rooms: 1 dormitory, 4 triple rooms, 3 double rooms, 2 single rooms (all rooms are rather large and for those with 3 or 4 people extra bathrooms are available in the corridors).

**Early bird:** 10% discount applies for registrations until 15.02.2023.

To book your spot a minimum fee of 50% of the total retreat investment is required. In case of need, an alternative payment plan is possible: reach us out by email or phone to discuss it.

## NOTES AND CANCELLATION POLICY

This retreat is organized by Susana Tavares and Florine Gabriël in collaboration with Miri Piri and Authentic Moments.

- Registration will be confirmed after payment of at least 50% of the total value of the retreat. The remaining must be paid by March 24th, 2023.
- This retreat is confirmed with a minimum of 14 participants by 15.02.2023.
- Maximum number of participants: 25.
- To register you must fill in the form [HERE](#) or find the link on our websites. In case of doubts please write directly to: Susana ([susana.sousa.tavares@gmail.com](mailto:susana.sousa.tavares@gmail.com)), or Florine ([info@florinegabriel.com](mailto:info@florinegabriel.com)).

### **Cancellation Policy:**

Please note that there will be no refunds or discounts for arriving late, leaving early, flight cancellations, travel delays or illness. Should you cancel your participation to the Immersion for any reason, the cancellation policy outlined below will apply to the total amount paid:

- Cancellation before 15.02.2023: 75% refund.
- Cancellation before 01.03.2023: 50% refund.
- Cancellation before 15.03.2023: 25% refund.
- No refunds will be possible after March 15th, 2023\*
- For Covid related cancellations, with proof of reason, you can keep a credit note in our account for the full amount, or you can receive a 50% refund.
- In case of cancellation by the organizers, the contributions paid will be fully refunded, minus bank fees

(\*) We wish we could compensate people for unforeseen circumstances, however we will have incurred expenses that, once paid, cannot be refunded. We strongly encourage you to purchase travel insurance if you have concerns.

## ABOUT THE FACILITATORS

### Susana de Sousa Tavares (PT, IT, CH)

Susana started to study Yoga and oriental philosophies during university and soon began to feel an inner call for salutogenesis and spirituality. She began a journey of personal growth, spiritual and healing quest, cultivating an interest in physical, mental and soul well-being, with an holistic and profound approach. In her healing journey after having been diagnosed with a congenital disease, Susana has travelled, read and explored various spiritual lines and approaches to self-healing.

In the period 2002-05, Susana spent time in the Amazonian jungle in Brazil learning and studying the shamanic art of healing, after having come in close contact with plant medicine.

Susana certified as a Kundalini Yoga teacher under the guidance of Gurmukh Khalsa (London, 2017). For several years she also practiced circular breathing techniques and developed perception tools under the guidance of Michael Brown and she has completed an intensive training as a facilitator of somatic *Breathwork* for emotional release, under the guidance of Tim Morrison.

Born in Portugal, Susana has a degree in Economics, lives currently in Ticino (CH) and is the happy mother of two youngsters. She facilitates Kundalini Yoga and meditation classes (online and in presence), gong baths, somatic *Breathwork* sessions, and organizes workshops and retreats combining all her knowledge and skills in various fields, trying to create growth opportunities for the expansion of consciousness, personal transformation and personal responsibility.

Currently Susana is also finishing a documentary film about Rudolf Steiner's vision and ideas. She is fluent in Italian, Portuguese, English and Spanish.

For more details visit the website:  
[www.susanadesousatavares.net](http://www.susanadesousatavares.net)



## Florine Gabriel (NL)

Florine's work is an invitation to step into your original openheartedness and strength. Discovering the Trust and opening into your heart center. As an embodied energy facilitator, she is fueled by a deep desire to break free from 'unhealthy', conditioning and beliefs. Creating a safe and loving space for you to uncover the essences and depth of your being. Allowing yourself to open and start your own unique transformational journey into oneness.

Florine has completed an intensive training course as a facilitator of somatic Breathwork for emotional release and somatic healing, under the guidance of Tim Morrison in 2022 and has done multiple studies in ThetaHealing (Game of Life and Intuitive Anatomy etc.) since 2021. She is an accredited KAP facilitator and has directly trained with the transmission vehicle Venant Wong (founder of KAP) and is part of the first group of KAP - facilitators in Europe in 2019. Through her embodiment, she is able to transmit a unique KAP frequency, which has transformed into a heart-centered transmission over the years. She has studied with Pi Villaraza of Inner Dance in the Phillipines in 2020 and with Elliott Saxby in 2021 of the Kundalini Bodywork school in Switzerland. She is a Wataflow (water therapy) facilitator since 2018, trained by Oceano and an Embodied Flow Yoga teacher since 2018.

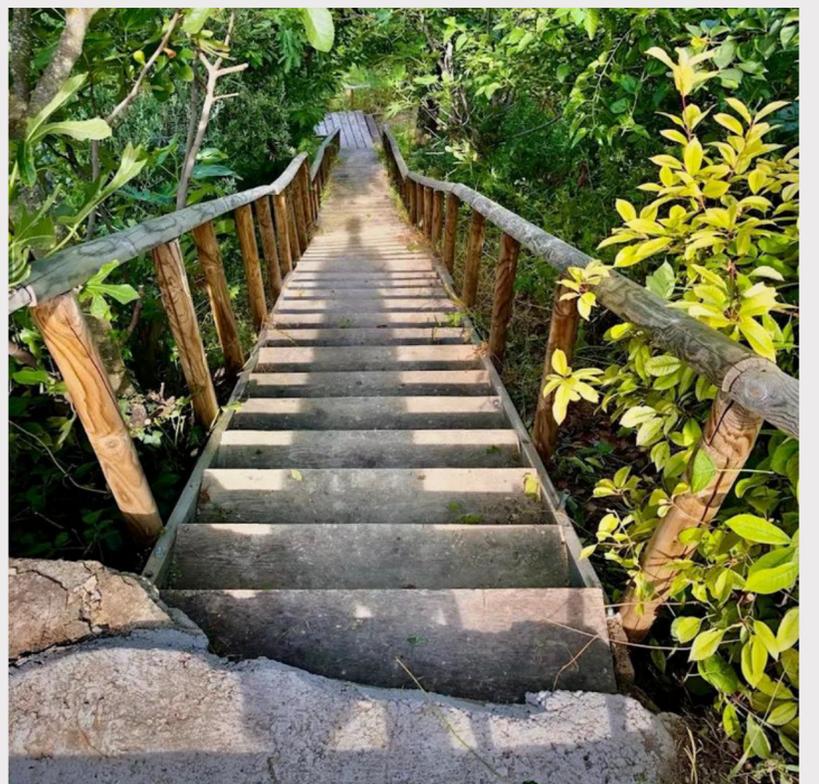
Florine has started her path of Mindfulness and meditation with Thich Nhat Hanh. Which changed her life forever. Florine has also a background in (Steiner/ Waldorf) education and is a beloved singer that brightens you up with her loving and soothing voice.

For more details visit the website:  
[www.florinegabriel.com](http://www.florinegabriel.com)





# MIRI PIRI RETREAT CENTER



# ABOUT MIRI PIRI RETREAT CENTER

## Location

Località Sborzani, frazione di Pigazzano  
Comune of Travo, Province of Piacenza  
Emilia-Romagna region, Italy

## Transportation

By car: 1 hour south from Milan (about 1h45 from Malpensa airport and 2h15 from Lugano-CH)

By train: From the train station of Piacenza Miri Piri has a taxi transportation agreement (one person €40.-, 2 or more people €50.-); contact us in case of need.

For more details on how to get there visit:

<https://www.miripiri.eu/dove-siamo/>

## Contacts

[www.miripiri.eu](http://www.miripiri.eu) | [miripiri@miripiri.eu](mailto:miripiri@miripiri.eu) | +39 0523 1888178

