

Sacred Medicine Retreat

September 2nd - 8th 2024

Amoraleza, Spain

With Aléthia Austin, Dalie Bafverfeldt & Veronika Poola



Hello dear heart,

We are ecstatic as we share with you this personal invitation to 2024s Sacred Medicine Retreat.

This is not just any retreat - It is the dream birthed out of our wildest imagination, a prayer to transform and bring healing to our beautiful precious hearts. A prayer that we want to share with you if you feel truly called to this work.

This gathering will take place on the beautiful lands of Amoraleta - a sacred medicine community located on a mountain top in the south of Spain. An oasis where each person can experience an expansion of their heart and consciousness and give the best of themselves, in a natural, healthy and harmonious environment.

This is the offering where the path of Yoga & Breathwork meets the path of Sacred Plant Medicine. Two paths that have complemented each other and enriched & enlivened our own lives in ways that we could not even start to find words to describe. We hope to gather with you in this way & with love and bravery stretch far and beyond what we thought was possible for ourselves in this lifetime.

In Gratitude, Dalie & Alethia





Amoraleza is located between the Sierra Nevada and the Costa Tropical, 45 minutes from the beach and Granada. More specifically, it is in the Alpujarras Mountains, between Orgiva and Lanjarón.

Amoraleza was established in 2005 by a dedicated family with a vision. They are a family with four children and the community is sustained by the family and short and long term volunteers. Here they offer plant ceremony retreats and nutrition retreats. The community is also open for anyone who wishes to come and stay for some time to reconnect with themselves, nourish their bodies and souls.

The accommodation is simple and comfortable, all surrounded by the peaceful and calming atmosphere of Amoraleza. Choose to stay in a shared or private yurt, cabin or bell tent. The private rooms are limited. Read more about the different accommodation options on Amoraleza's website - www.amoraleza.net

At AmoraLeza, Veronika and her team offers Brazilian style ceremonies. The ceremonies are eclectic and guided by sacred songs from different shamanic traditions, celebrating life, love and the healing power of nature. It is an inner journey of healing and connection with your heart and soul. A deep dive into the layers of the self to walk the path of transformation and Self-realization.

The medicines of the forest can help release blockages and heal traumas by stimulating your innate healing energy. The expansion of consciousness allows for a reconnection to your higher self in order to unleash your full potential.

Rapé (tobacco snuff) and sananga (healing eye drops) are also offered during the ceremonies, to deepen the experience.

All music is live.



The Program

Dalie and Alethia will be facilitating a variety of work mainly between Monday-Thursday. These offerings will bring you their own unique medicine and healing opportunities, as well as prepare you for the sacred plant medicine journey. Throughout the days we will be flowing through both uplifting and restoring yogic practices, meditations, breathwork ceremonies & workshops. On Thursday afternoon, after a relaxing Yoga Nidra we will hand it over to Veronika and her team who will be facilitating the plant medicine ceremonies on both Thursday and Friday nights. We will be present during both ceremonies, holding a safe & loving space for us all as we journey through the mystery & deep within, together. On Saturday, after the integration share with Veronika, we will take over for the remaining parts of the retreat.



Monday

12.00-14.00 - Arrival
13.00 - Lunch
16.00-17.15 - Yoga practice
18.00 - Dinner
19.00 - Opening circle

Tuesday - Wednesday

7-8.30 - Yoga Practice
8.30 - Breakfast
11-13.00 - Breathwork Ceremony & Workshop
13.00 - Lunch
17-18.30 - Slow Nourishing Practice
18.30 - Dinner
20.00 - Meditation

Thursday

7-8.30 - Yoga Practice
8.30 - Breakfast
11.00 - Ceremony talk with Veronika
13.00 - Lunch
16.00-17.00 - Yoga Nidra
19.00 - Plant Medicine Ceremony
*Soup is served after ceremony

Friday

8.30 - Breakfast
10.30 - Nature walk to waterfall
13.00 - Lunch
16.00-17.00 - Yoga Nidra
19.00 - Plant Medicine Ceremony
*Soup is served after ceremony

Saturday

8.30 - Breakfast
11.00 - Integration talk with Veronika
13.00 - Lunch
17-18.30 - Slow Nourishing Practice
18.30 - Dinner

Sunday

7-8.30 - Yoga Practice
8.30 - Breakfast
11-13.00 - Closing circle

**Please arrive no later than 14.00 on arrival day and plan for a 13.00 departure and not earlier on departure day. Option is there if wanting to arrive a day early and/or stay an extra night after retreat.*

Veronika Poola



Medicine Woman, Naturopath, community leader, raw food chef and chocolatier. In her late twenties, she had an awakening and experienced a major life change, healing herself from a long-standing depression through fasting and a raw food diet. Since 2005, she has been leading Ayahuasca ceremonies in Amoraleza, the medicine community she created with her family. She is passionate about inspiring others to take responsibility for their health, reconnect with nature and tap into their innate healing power. When not organising retreats and running a community, she dedicates her time to her 4 children, who she is raising in the most natural way possible.

Alethia Austin



Yoga teacher, coach, and wellness event producer. I found my way into a lifestyle of health, healing and wholeness through a curiosity powered by sensitivity and pain. My highest honor is to bring my various processes and experiences to light for those I work with. Whether it be through movement in the body, meditation, energetic practices, or food, I share different modalities that have worked for me, with love.

I believe our pursuit of healing and wholeness can be light, can be soft and can be with joy.

Plant medicine came to my life after two decades of doing work to really know myself. I believe with certainty in its healing power and am delighted to share this medicine facilitated by Veronika along with the medicine that Dalie and I offer in our program. Thank you for joining us in our collective work.

Dalie Bafverfeldt



Yoga, Meditation & Breathwork facilitator, mentor, space holder. In my late teens I found yoga, or maybe, yoga found me. At the time I did not know myself as a seeker, and when I began to practice I had no clue that my life was soon to take a drastic turn. What I also did not know was that I had signed up for a life long journey of healing, unlearning & seeding new ideas aligned with a more authentic version of myself. The yogic path has been a huge door opener. For over a decade now, I have explored many different paths to Truth, knowing that each one has something unique to offer. Over the years, I have invested in thousands of hours of yoga, meditation & breathwork training as well as my own daily practice & self study. In 2021, I was called to the sacred work of plant medicine. The plant teachers turned out to be the missing piece I was looking for, complementing my already existing work by bringing further depth, more embodied understanding and healings to areas of my being I would not know how to access in any other way. I am deeply grateful for the path I am on. It is with pure joy, intention & reverence I offer sacred containers where you are welcome just as you are, to explore & find your own way back to Truth.

Food, travel & contact

Food

One of Amoralezas aims is to reconnect people with a more natural diet through whole foods and simple eating habits. They provide their community members and visitors with a high-vibration vegan diet, consisting mainly of fruits, vegetables, seeds, and nuts. The diet is 80% raw and the cooked portion of the diet consists of steamed or boiled vegetables, non-gluten grains and pulses. They never fry, bake, roast or process food to keep the nutritional content of the food as intact as possible. All food are gluten, sugar and caffeine free and Amoralezas aim is to eat as organically, locally and seasonally as possible. The food at Amoraleza is absolutely delicious and nourishing yourself in this way in the days leading up to your medicine journeys is absolute key.

Travel

The closest airports to Amoraleza are Malaga and Granada Airport. If flying into Malaga Airport we recommend booking an Uber to Lanjarón and share it with a few other retreat participants. Malaga Airport to Lanjaron takes 1.5 hours and costs around 120-150€. Granada Airport to Lanjarón takes 40 min and costs around 100€. Once in Lanjarón, you will be picked up by a staff member of Amoraleza.

Contact

Amoraleza - amoraleza.net@gmail.com / www.amoraleza.net

Dalie - info@dalie.se / www.dalie.se / WhatsApp +61 498 869 602

Alethia - ajaustin@gmail.com / www.alethiaaustinyoga.com / WhatsApp +1 360 553 5180

Investment & Booking

Investment

- 6 nights in shared or private accommodation
- All meals - Breakfast, lunch, dinner & snacks
- 6+ hours of yoga/meditation/breathwork ceremonies/workshops each day
- 2 Master plant ceremonies
- Preparation practices & preparation zoom call with Dalie, Alethia & group
- Integration bundle

Total investment

Shared accommodation 1499€

Private accommodation 1666€

Booking

To book your spot on our retreat, we request a deposit of 750€. Remaining balance is due 90 days prior to the retreat date. Email your interest together with signed CEREMONY AGREEMENT & DISCLAIMER OF LIABILITY to info@dalie.se - from there we will send you a confirmation email together with an invoice for the deposit that must be paid within 14 days to secure your spot.

Cancellation

If you have to cancel for any reason more than 90 days before the beginning of the retreat, and we can fill your space at the retreat, we will refund your entire deposit minus an administration fee of 100€.

If you cancel 90 days or less, we will refund you 50% of your deposit minus a 100€ admin fee.

We cannot wait to be with you in this way ♡

