



DISCOVER WHO YOU ARE BEFORE BEING YOU

AN AUTHENTIC CONVERSATION WITH YOUR SELF

by El Juego

SEPTEMBER 23, 24 & 25



NATURALMA, NEAR OLEIROS, CENTRAL PORTUGAL

EL JUEGO

El Juego is a healing community based in Colombia that is dedicated to the creation of new methods of personal development and conflict transformation.



"Blending ancestral wisdom from around the world with scientific knowledge, we experiment with the conflicts of our daily lives to constantly improve and innovate our techniques."



Contact & Info El Juego:

www.eljuego.community



@el_juego



eljuegoconsciente@gmail.com

THE FOUR DIMENSIONS



Deepen your observation and intimacy
with the four dimensions that make us who we are:

the **MIND**

the **EMOTIONS**

the **NEEDS**

the **BODY**

This will help you to:
stay in **empathy**,
remain close to **your most innate essence**,
and realize **your dreams**.

SCHEDULE

Each day we will explore the dimensions supported by different methods and tools such as:

- Opening and closing ceremonies
- Group dynamics
- Healing and conflict resolution techniques
- Sharing circles

Friday, Sept 23

7 pm Welcome and Dinner

Saturday, Sept 24

MIND

How do you think? How do you develop your way of thinking?

Do you chose your thoughts?

EMOTIONS

Sadness, anger, fear and joy have a message for you.

A journey to those moments which have limited your experience of life to open yourself to new possibilities.

Sunday, Sept 25

NEEDS

What do you need? Can you recognise your needs?

What do you do to satisfy them?

BODY

The body is wise; it expresses what we don't express.

What does your body express?

7 pm Departure

YOUR FACILITATORS



Jenna (UK), Maeva (FR), Dani (CO), Gioel (IT) & Lea (PT) are all based at El Juego community and are central beings in the development and application of El Juego's methods and tools for personal development and conflict transformation.

They are currently traveling around Europe to visit their families and to share their methods to help people discover who they are, get closer to their essence, and realize their dreams.

WHERE YOU WILL BE STAYING



Naturalma is a space to rest, rejuvenate, connect and create. We open our doors for guests to experience conscious co-living and for events and retreats centered around personal development, healing, wellness and creativity.

INFO, CONTACT, BOOKING



Naturalma at The Hide,
near Oleiros, Castelo Branco

DORMITORY: 252 €

ROOM: 292 €

VAN/TENT: 222 €

You want to go even deeper?

You can book a personal session before or after the retreat with the El Juego facilitators.

Contact us for more info.

*Prices include 2 nights accommodation & all meals

*Pick up from Oleiros available

GET IN TOUCH TO SECURE YOUR SPOT :)

Booking & Contact Naturalma:

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 COMMUNITY@NATURALMA.ONLINE

 NATURALMA_COMMUNITY