Hanna Mattinen & Samira Aïche

LUONTO

Return to What is Essential

13-17 July 2026
Retreat in Finland

Rantasalmi / Lake Saimaa

In Finnish, *luonto* does not only mean
the nature that surrounds us.
It also refers to our deepest nature.

Nouse, luontoni, lovesta.

"Rise, my nature, from the hollow"

This retreat is an invitation to step
away from the noise of everyday life,
to slow down, and to reconnect
with the vital force within.

A call toward greater clarity
and inner alignment.

The Experience

This retreat offers guided sessions with moments of silence and time for integration.

Inspiration

Breathwork and intuitive writing to tune into what is alive within.

Movement

Intuitive movement and dance to reconnect with our body and physical force.

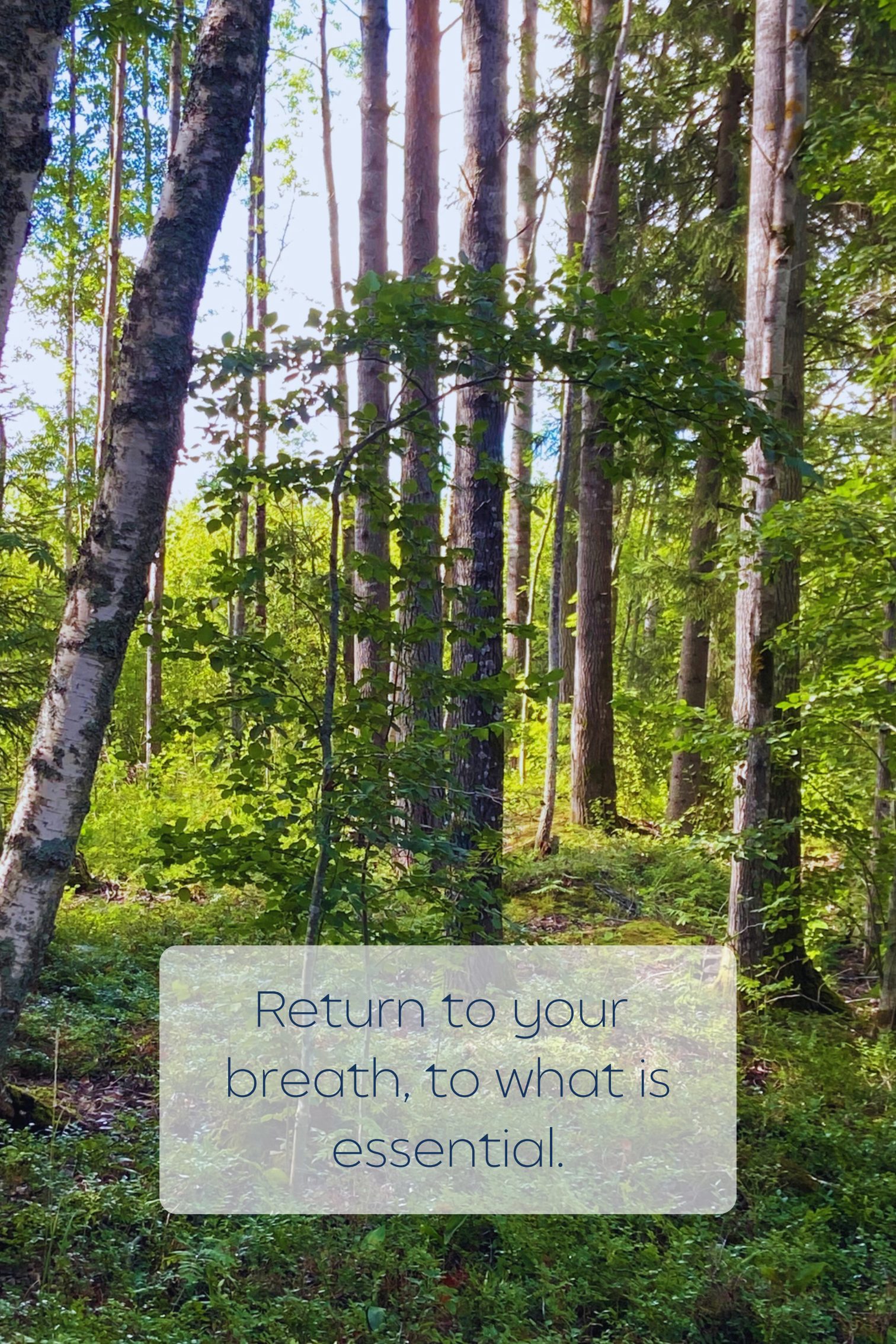
Presence

Meditation, silence, and daily time in nature to return to what is essential.

Ritual

Nordic rituals and ceremonies that help quiet the mind and reconnect with the living world.

No previous experience required
Small group - max. 8 participants


Return to your
breath, to what is
essential.

Guidance

Samira et Hanna bring together their experience and backgrounds to guide this retreat.

Hanna **welcomes you to her native Finland** on the shores of Lake Saimaa.

Together they create a setting where Nordic traditions - sauna, silence, and time in nature - meet intuitive movement, offering space to reconnect with oneself.

The retreat follows a clear and progressive structure, guided with care and respect for each participant's own rhythm.

Who We Are

www.feelenergy8.com

Samira

I am a holistic practitioner, supporting people who are seeking greater balance and reconnection in their lives. My work is rooted in attentive listening, presence, and movement. Simple yet deep, these practices help people reconnect with themselves and their own inner rhythm. I create spaces where people can slow down, feel supported, and move forward at their own pace.

Hanna

Born in Finland, I accompany people who seek greater balance through breathwork and practices inspired by ancestral wisdom and Nordic traditions, including Finnish sauna ceremonies. My international path has led me to explore the forces that move through us, shape us, and sometimes transform us. Today, I create grounded and welcoming spaces where people can reconnect with their *luonto* — their vital life force.

hannaelina.com

The Setting

Rantasalmi, where nature still reveals its quiet strength.

We will stay in wooden cabins on the shores of **Lake Saimaa,** Finland's largest lake, surrounded by forests and clear waters, about **3.5 hours from Helsinki**.

Just across lies **Linnansaari National Park**, a protected area of boreal forests, islands, and clear waters.

Le confort

Life on site is simple: water comes from the lake, the toilets are composting toilets, and electricity is minimal.

A true return to what is essential.

Accommodation

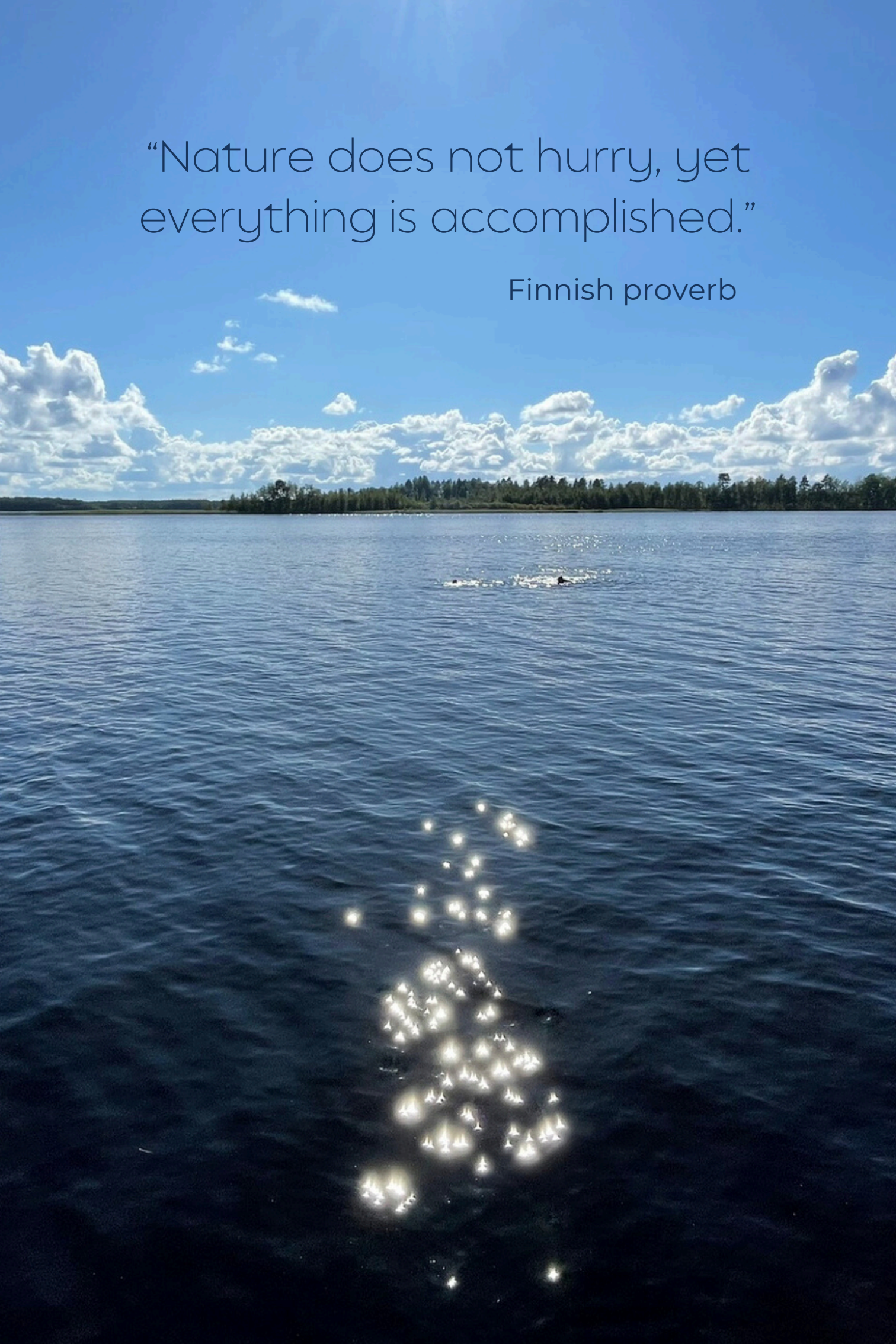
- Two wooden cottages and a small cabin
- Two double bedrooms per cottage (some with bunk beds)

Facilities

- Traditional wood-fired sauna
- Bucket showers by the lake or in the sauna (hot water available, no running water)
- Composting toilets
- Limited electricity
- Rowboat and paddleboard available

Meals

- Two meals per day — vegetarian or fish depending on the day, using local and seasonal ingredients
- Light breakfast
- Tea, coffee, and snacks available throughout the day


“Nature does not hurry, yet
everything is accomplished.”
Finnish proverb

This retreat is for you if:

- You feel the need to slow down and reconnect with yourself.
- You would like to immerse yourself in nature, in simple and authentic setting.
- You are curious to explore silence, the body, and the sacred within a thoughtful and supportive setting.

This retreat may not be for you if:

- You are looking for a retreat with hotel-style comfort and amenities.
- Rustic conditions or shared accommodation may not be the right fit for you.

Retreat in Finland

LUONTO

13 - 17 July 2026

Full board.
Shared double rooms in traditional cabins.
Guided sessions.

PRICE: 1 690 CHF

EARLY BIRD : 1 590 CHF

until 1 May 2026

Flights and transfers not included

Information

contact@hannaelina.com

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