



Inner Spark

# Drum Meditation in Nature

Hike in Semois River

Sunday 19 May



# Is This For You?

Would you like to leave Brussels and spend a whole day in nature?

Do you want to experience the transformative power of drumming under the open sky?

Would you like to connect with the power of water at the Semois River?

Do you long to dissolve your worries by connecting with the earth's grounding energy through psychoenergetic practices?

How about activating and oxygenating your body along through a forest route in Rochelaut?

And enjoy the best views of the Ardennes Valley from the balconies of Frahan?

# What are Drum Meditations in Nature?

Picture a place where healing and grounding just naturally happen. This is what it's like to be in the lap of nature—a blessing that envelops us just by being there. It soothes, clears your mind, connects you to your body, and rekindles your love for life. Sounds good, right?

## What this journey offers:

**Physical and mental healing:** Being active in nature not only stimulates your body but also floods your being with oxygen. It shifts your focus from your thoughts to your sensations, allowing you to relax, find quiet, and gain clarity.

**Reignite your passion for life:** Nature thrives no matter what. It holds a resilient power ready to share with you if you reach out. It's all about reconnecting with your vitality and passion—the kind you need every day to keep pushing forward in life.

**Reconnect with your true self and your purpose:** All spiritual traditions have sought nature for practice. It's a natural catalyst for inner exploration, helping you connect with your truth in ways you never have before.

# What does this Ardennes trip include?



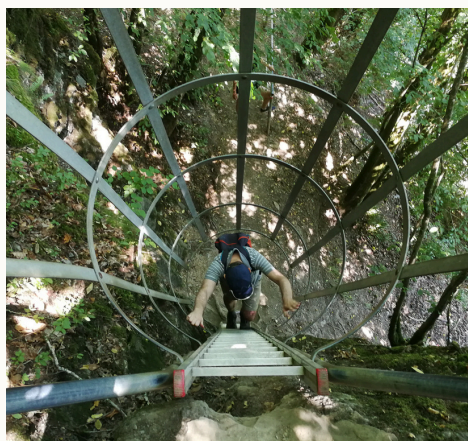
**A guided hike along the Semois River. A 13 km circular route through lush forests, alongside rivers, and over rolling hills.**



**Psycho-energetic exercises designed to empower and energize.**



**Regular stops to rest, share experiences, and have a bite.**



**Drum meditation in nature for healing, empowerment, and reconnection with your inner self.**



**Spontaneous teachings about the ancestral traditions of Shamanism and Yoga and personalized attention.**



# THE PLACES WE'LL SEE:

We'll explore the Ardennes natural park, which stretches from the south of Brussels into France and Luxembourg.



Start and Finish at Frahan Balconies with Stunning Valley Views.

Explore the Serene Semois River.

Ascend to Frahan Crests for Breathtaking Panoramas.

Stroll Through the Charming Village of Frahan.

Conclude in Rochehaut: Relax, Drink, and Shop.



# **Need-to-know details:**

**We're heading to the Ardennes natural park, about 2 hours from Brussels.**

**This full-day event is on Sunday, May 19th,**

**The hike will start at 11 am to 6 pm (8 pm return time to Brussels).**

**Carpooling is arranged for transportation (you can bring your car or join others).**

**We have 3 places in our car.**

**To book a car spot, or to propose place in your car please contact Monika at +32 485 79 54 98**

## **MEETING POINT:**

**For those going by car with us : Meeting point in Brussels (9:00 am): Hankar Metro Station**

**<https://maps.app.goo.gl/2A7iHL1zUCYG7cCS9>**

**If you join another car, you can arrange different meeting point with a driver.**



**For those going directly by car: Meeting point in Ardennes (11:00 am): Bois de la Bichelour**

**<https://goo.gl/maps/5pRxjQWFtWBD1rzg9>**

**Free parking available at the destination.**

**Please bring rain gear, hiking shoes, and your own food for lunch**

## **What you gain from this experience:**

A guided circular hike through the heart of  
the Ardennes.

Empowering psycho-energetic exercises.

Drum meditation in nature.

Tailored insights into Shamanism and Yoga.

Personal guidance throughout your  
adventure: ask Pablo and Monika anything  
about your path to healing and growth.

Connection with a community of like-  
minded individuals on their personal  
development paths.

You'll receive all photos and videos  
captured during the experience.

**A full day event, with a value of +200€...**

**For only 47€!**

# HOW TO RESERVE YOUR SPOT:

## BOOK THE EVENT TICKET

The ticket includes everything listed above, and you can purchase here:

[BOOK HERE](#)

\*For members of our Whatsapp group 20% discount.

\*\*The ticket does not include the cost of transportaton ( fuel ) and meals.

**Don't miss this unique opportunity and book now! Spaces are limited.**

If you have questions, you can contact us at  
[pablo@innersparklife.com](mailto:pablo@innersparklife.com)  
[monika@innersparklife.com](mailto:monika@innersparklife.com)

# Meet your facilitators

We are Monika and Pablo, shamans and yogis initiated in the Siberian tradition of the Altai school.

We are expert healers and channels of universal consciousness. We have worked with drums and medicinal plants for years.

Our purpose is to help you heal your body, soul, and mind, eliminating the past, the burdensome, and the negative. So that you can feel at peace, connected with your Truth and your true path in this world.

Through our practices and our presence, we can help you directly access the parts of your unconscious mind that need attention and healing. We guide you through meditations, practices, and ancient knowledge.

We propose a unique, authentic journey to the center of your being. This is the TOTAL adventure that every soul desires and deserves.



**+ 100** drum sessions

**+ 500** participants

**+ 10** years of experience

# FROM PREVIOUS INNER SPARK EVENTS & RETREATS



