



Inner Spark

# Equinox in Nature

Hike, Restorative Qigong, and  
Drum Journey in Ningslinspo  
Valley

Sunday 22nd September



# Summary

## What is it?

A special event for the **Autumn Equinox 2024** at the **Ninglinspo Natural Park** in the Ardennes of Liège.

## When?

Sunday, September 22, 2024. Meeting time: 11:00 - 11:15 AM.

## Where?

Meeting point for those driving directly: 11:00 - 11:15 AM at Taverne Restaurant Ninglinspo.

<https://goo.gl/maps/wbEiDFSHoXrGZYgZ7>

## How?

Carpooling is arranged for transportation (you can bring your car or join others). Contact us if you want to join someone else's car.

## Activities?

Forest hike, connecting with the Ninglinspo river, Restorative Qigong practice, drum meditation in the woods, visit to the Drouet viewpoints, visit to the Harmony Forest, group meal, Yoga and Shamanic teachings, and sharing.

## Price/Reservation

The price is €47 + gas contribution if you're joining someone else's car.

# 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 Ninglinspo mountain river?

How about a restorative Qigong practice to heal and awaken your power?

And activating and oxygenating your body along through a forest route in a natural park?

With the best views of one of the most beautiful hiking trails in the Belgian Ardennes?

The Autumn Equinox marks a time when we naturally enter a **period of healing and letting go**. This is when ancient practices like **Qigong** become invaluable, helping to **reactivate the body and align our energy with the rhythms of nature**. Imagine combining this with a **Drum Journey in the heart of nature**.

## **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 Ninglinspo trip include?



**A guided 8km  
hike along the  
Ninglinspo  
River and forest.**



**Restorative  
Qigong exercise  
to empower and  
energize.**



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



**Equinox Drum  
Journey 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 Belgian Ardennes, in  
the Province of Liège



Start and Finish at Nonceveux  
Explore the Ninglinspo mountain riverr.  
Ascend to Crests for Breathtaking  
Panoramas.  
Stroll Through the Charming Forest.  
Conclude in Nonceveux's Taverna:  
Relax, Drink, and Share



# Need-to-know details:

We're heading to the Liege's Ardennes, about 90min from Brussels.

This full-day event is on **Sunday, September 22nd**.

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 4 places in our car.

To book a car spot, or to propose place in your car please contact Pablo at +34 661 953 617

**PLEASE CONTACT US TO CHECK AVAILABILITY BEFORE BOOKING**

## 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>

Meeting point for the ones going by car directly:

11:00 – 11:15 h Taverne Restaurant Ninglinspo  
4920 Aywaille, Belgique

<https://goo.gl/maps/wbEiDFSHoXrGZYgZ7>

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.

Restorative Qigong exercise to empower and  
energize.

Equinox Drum Journey in nature.

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](#)

\*\*The ticket does not include the cost of transportation ( 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.

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



