



Inner Spark

Dance Meditation in Nature

Hike, Dance, and Equinox
Drum Journey in Ningslinspo
Valley

Saturday 22 March



Summary

What is it?

A special event for the **Dance Meditation in Nature** at the **Ninglinspo Natural Park** in the Ardennes of Liège.

When?

Saturday, March 22, 2025. 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, Free Expression dance practice, Equinox 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 Dance Meditation 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?

Stepping away from daily noise and reconnecting with your body through movement can be transformative.

Meditative dance in nature unlocks emotions, restores balance, and frees your energy. Moving to the rhythm of the drum, you release tension, quiet the mind, and fully immerse yourself in the present moment—letting nature and music guide you back to your essence.

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.**



**Meditative
Dance Practice
to release and
connect**



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



**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 **Saturday, March 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.

Meditative Trance Dance to empower and energize.

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 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
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



