



Inner Spark

Hike, Qigong & Drum Journey in the blue forest of Hallerbos

Sunday 13 April



WHY JOIN?

Feeling tired of grey routines, noise,
and screens?

We invite you to take a break from the city and dive in to the heart of spring. This is your day to slow down, breathe deeply, and remember how it feels to be fully alive. Let nature guide you back to your essence in one of Belgium's most magical places: Hallerbos — famous for its breathtaking sea of blooming bluebells.

This isn't just a walk in the forest, It's a chance to reconnect with your energy, your joy, and your purpose — through movement, meditation, silence, and presence.

Perfect for those who:

- Feel the call to reconnect with nature and themselves.
- Are curious about energy practices like Qigong, meditation, and shamanic journeying.
- Need a pause from the hustle and want to reawaken their inner spring.



Experience & Benefits

Imagine yourself walking through a glowing forest, where the earth is carpeted in violet blue and the scent of spring is everywhere.

We'll begin with a gentle spring Qigong practice to wake up the body and senses. Along the path, we'll pause for spontaneous shamanic teachings, conscious breathing, and a meditation with drum surrounded by bluebells — a deeply grounding and inspiring experience.

You'll return home with:

- A renewed sense of vitality and joy
- Deep connection to the magic of nature
- Peace of mind and heart after a full day offline
- Simple tools to carry the energy of spring into your daily life

This is your time to bloom.




YOUR DAY IN THE FOREST


Sunday, April 13th – Circular Route – 9
km

Meeting time: 11:00 AM

Meeting point: Hallerbos Parking 4 – Tap to open map

 Circular route of 9 km through the blooming forest


 Spring Qigong session to awaken the body

 Spontaneous teachings on energy, shamanism
& nature wisdom

 Drum meditation surrounded by bluebells

 Shared picnic (bring your own lunch)

 Free time to rest, journal, or simply be

 Back in Brussels around 7:00 PM



Logistics & FAQs

What to Bring

- Comfortable walking shoes
- Food and water for your picnic
- A small blanket or sitting cloth
- Rain protection (just in case)
- Open heart and curious spirit ✨
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Included/ Not Included

- ✓ Guided circular walk (9 km)
- ✓ Spring Qigong session
- ✓ Spontaneous teachings (shamanism, yoga)
- ✗ Conscious breathing & drum meditation
- ✗ Transportation (carpool options)
- ✗ Picnic food and drinks
- ✗ Personal insurance

Is this suitable for beginners? Absolutely.
All activities are gentle and accessible to everyone.

Can I come alone? Yes! Many participants come solo — it's a great space to connect.

What happens if it rains? We'll still go unless it's extreme weather. Nature is beautiful in all moods.

Can I bring a friend/partner? Of course — just ☁️ let us know in advance.

YOUR GUIDES

Shaman Pablo Teiwas León & Shaman Monika Marek

Initiated under the lineage of Master Northern
Deer Alexander, they guide from the path of
Classical Siberian Shamanism and Patanjali Yoga

- ✓ Facilitated over 200 retreats, ceremonies, and workshops
- ✓ Touched the lives of 500+ participants across Europe
- ✓ Created transformational spaces for self-discovery and empowerment

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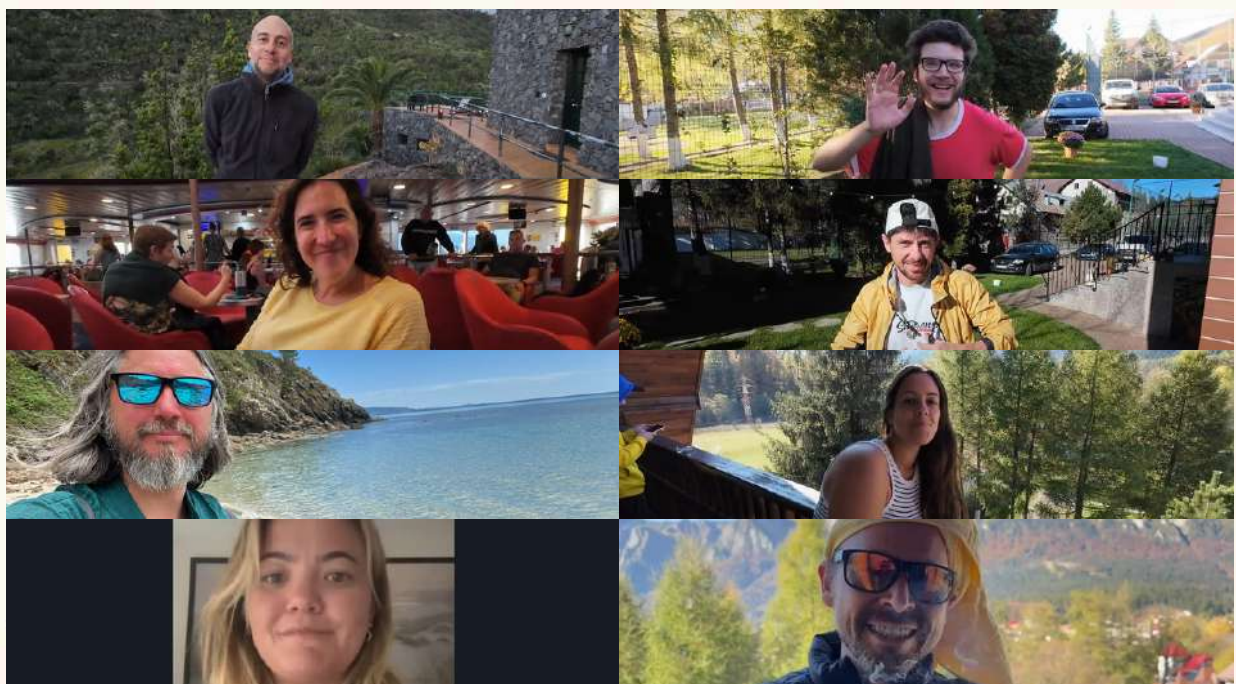
What Others Are Saying

“The rituals deeply connected me to my life’s purpose and brought clarity through the powerful energy of nature and community.”
–Inge

“I rediscovered my inner power and joy. I now feel confident to manifest my dreams into reality.”
–Fabian

“I was like living a dream. I discovered parts of myself that would have taken years to uncover otherwise.”
–Ana

“Every retreat reveals a deeper truth within me. It’s a transformative journey of belonging, awakening, and self discovery.”
–Alexia



Full Day Immersion – €47

Let this be your day to bloom – away from the city, screens, and stress.

Give yourself the space to breathe, move, and reconnect with what truly matters.

🌿 Reserve your spot now! 🌿

REGISTER HERE!



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Let us know if you need a ride or can offer one!