



Walking Between Worlds

Shamanic Retreat in the Polish Mountains



22 AUG 25 - 27 AUG 25

Why This Retreat?

Have you been feeling a quiet pull lately—like your soul is longing for something deeper, older, wiser?

In today's fast-paced world, we often lose touch with nature, our intuition, and the sacred rhythm of life. This retreat is a gentle yet powerful call back to that forgotten connection.

Over six immersive days in the magical Polish countryside, we'll slow down, reconnect to the Earth, and explore the core principles of shamanic practice—through ritual, movement, nature, and inner journeying. Whether you're seeking healing, clarity, inspiration, or simply deep rest, this experience offers a safe, supportive space to come home to yourself.



Reconnect with nature and ancestral wisdom



Experience powerful personal transformation



Explore shamanic practices in a grounded, safe environment



Meet like-hearted souls and grow in community

The Experience and Benefits

Picture this:

You wake to birdsong, step outside into the cool mountain air, and stretch your arms to the rising sun. Each day flows with meaning—nature walks through enchanted forests, meditations by rivers, fire rituals beneath starlit skies. There's laughter, silence, movement, stillness. We sing, we drum, we breathe. We remember.

Our retreat takes place in the peaceful Jaworki Amon center, nestled in the lush Pieniny mountains of southern Poland. Everything—activities, food, environment—is designed to nourish your body, mind, and spirit.

What you'll receive:



A deep reconnection to your intuition and inner guidance



Rest and renewal through nature immersion



Empowerment through powerful transformational rituals



Tools to explore shamanic journeying, breathwork, and sacred movement



Practical teachings rooted in shamanic cosmology



Heartfelt community, sharing, and support



Safe space to release, awaken, and expand



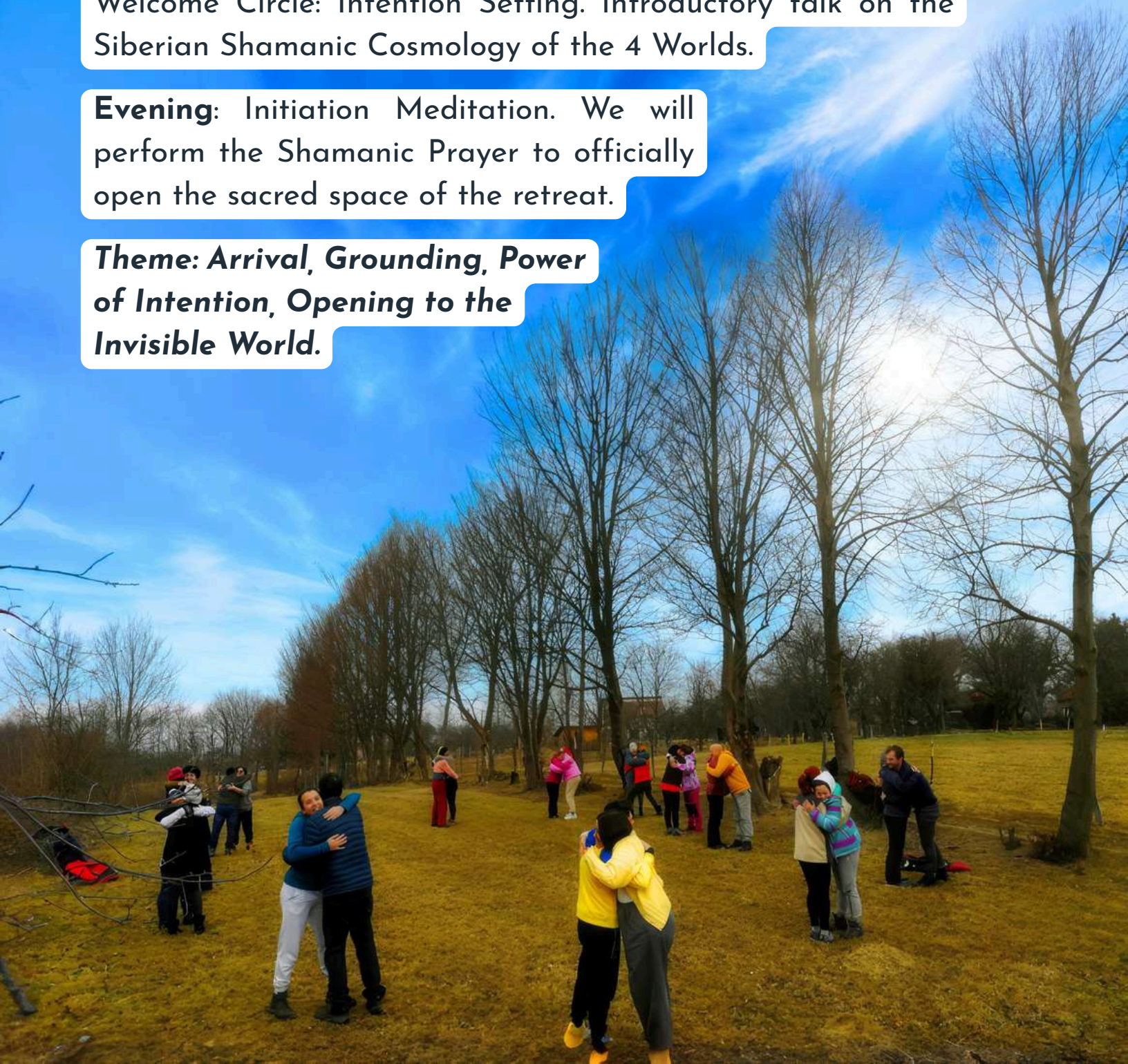
Program Itinerary

Day 1 – ARRIVAL & OPENING : INTENTION 🔑

Afternoon: Arrival, check-in, and a nourishing dinner. Welcome Circle: Intention Setting. Introductory talk on the Siberian Shamanic Cosmology of the 4 Worlds.

Evening: Initiation Meditation. We will perform the Shamanic Prayer to officially open the sacred space of the retreat.

Theme: *Arrival, Grounding, Power of Intention, Opening to the Invisible World.*





Day 2 – THE UNDERWORLD: HEALING 🌿

Morning: Silent hike through Biała Woda valley and river breathwork ritual to release ancestral burdens.

Afternoon: Teachings on the cosmology of the Underworld. Shamanic healing in the World of Erlic: The 3 Pillars of Healing. Soul Toss Practice (cleansing and retrieving soul fragments). How to transfer healing energy from the Underworld to the other worlds.

Evening: First shamanic journey with drum—a safe and guided experience to meet your power animal.

Theme: *Grounding, connecting with the Earth and ancient wisdom*

Day 3 – THE MIDDLEWORLD: IGNITING VITALITY 🔥

Morning: Climb to Wysoka Peak with vitality breathwork and body activation at the summit. Visit natural power place.

Afternoon: World of Umai -Teachings and Esoteric Practices. How to stay active and vital in the modern world. Why vitality is key in the process of healing and spiritual elevation. Vitality as abundance and richness.

Evening: Empowering Shamanic Fire Ritual and Walking on Coals.

Theme: Vitality Activation, Sustaining Connection, Embodiment, Abundance, Courage.



Day 4 – THE UPPERWORLD: CONNECTING WITH PURPOSE ✨

Morning: Canoe journey on the Dunajec River with playful inner child games and reflection.

Afternoon: Upperworld Teachings. The cosmology of the world of Ulgen. How to reactivate the connection with our inner child and our life purpose. Practice of the Unity of Desires. How unifying desires helps you stay centered and rooted on your path while living in modern life and the city.

Evening: Musical Shamanic Dance Ritual to connect with the inner child.

Theme: *Soul Purpose, Inner Child, Clarity, Alignment, Joyful Action.*



Day 5 – INTEGRATION & SHARING 🌸

Morning: Gentle hike through Homole Gorge with group activation and sharing circle in the forest.

Afternoon: Group Coaching Session for questions and clarifications. Rest time for individual sessions and personal healings.

Optional workshop: Connect to the spirits of nature ,make your personal amulet or talisman using natural materials.

Evening: Rest & integration

Theme: *Integration, Embodiment, Community Sharing, Personalization.*



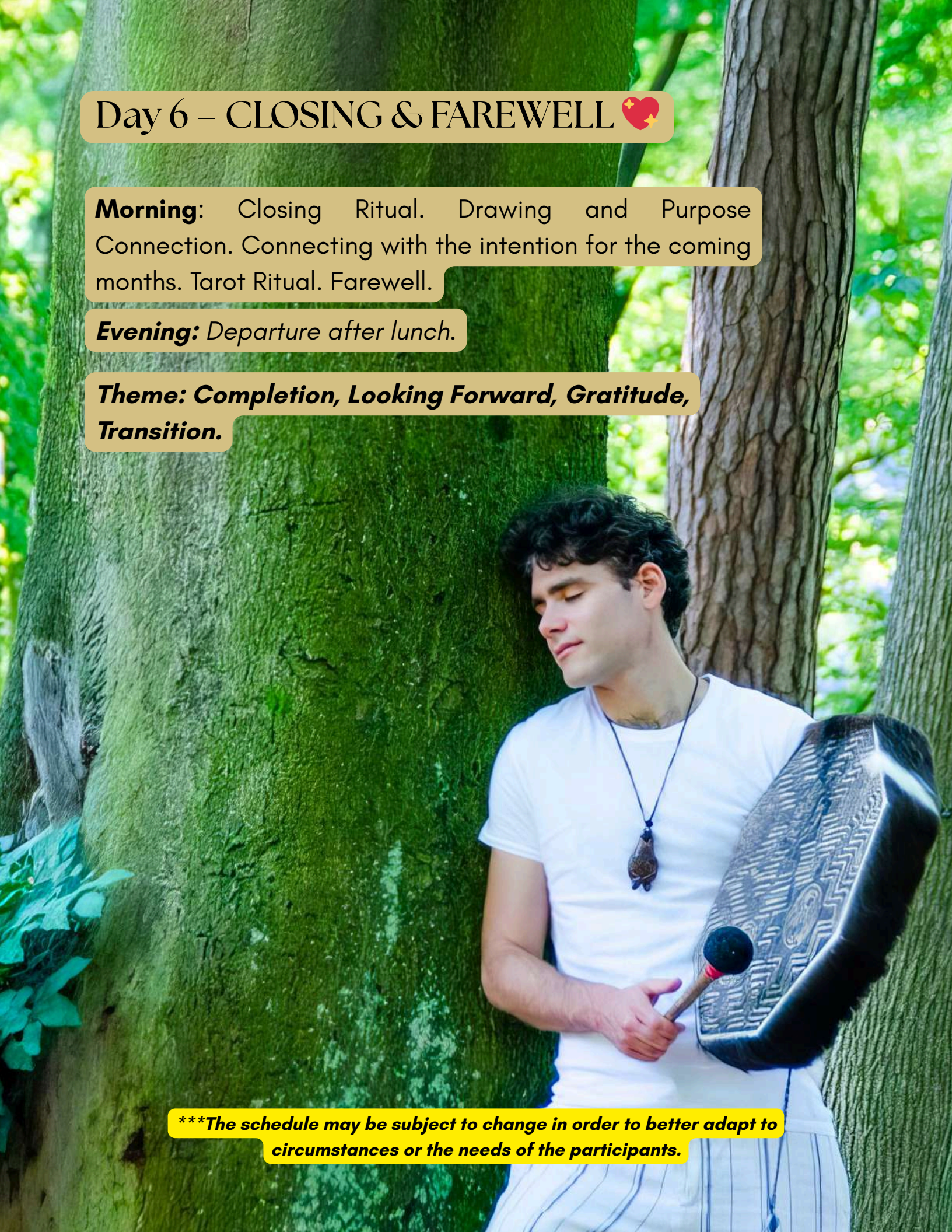
Day 6 – CLOSING & FAREWELL 🧡

Morning: Closing Ritual. Drawing and Purpose Connection. Connecting with the intention for the coming months. Tarot Ritual. Farewell.

Evening: *Departure after lunch.*

Theme: *Completion, Looking Forward, Gratitude, Transition.*

*****The schedule may be subject to change in order to better adapt to circumstances or the needs of the participants.**



Accommodation

You'll stay at Jaworki Amon, a cozy and peaceful mountain guesthouse with shared rooms and beautiful views. The space offers comfort, warmth, and connection with nature.

Rooms are simple but charming, with wood interiors and mountain air pouring through the windows.



Szczawnica-Jaworki
ul. Biała Woda 51

<https://jaworkiamon.pl/>

Logistics & FAQs



LANGUAGE

The retreat will be guided in English, with translation into Polish if needed.



DATES & TRANSPORT

Arrival day:

Friday, 22nd August – Participants are expected to arrive by 15:00h at the latest, as we will begin the retreat at 16:00h.

Departure day:

Wednesday, 27th August – Departure is expected around 15:00h.

Getting Retreat Center Jaworki Amon:

- **Nearest city:** Kraków (120 km / ~2h drive)
- **Public bus:** Direct buses from Kraków MDA Station to Szczawnica (~2h20m, 50–75 PLN). From there, short local minibuses or shared taxis to Jaworki (~7 km). There is also possibility to pick you up from Szczawnica – on request (arranged case by case).
- **Private taxi:** Kraków airport to Jaworki ~600–700 PLN (130–150 € per car, can be shared).
- **Group shuttle (optional):** A private 10-seat van can be arranged from Kraków and back (~40€/pp if full for Krakow – Jaworki / ~80 € for Krakow – Jaworki – Krakow).
- **Rental car:** Flexible option—around 2h drive, scenic roads, free parking at the center.

We're happy to help connect participants arriving at similar times for shared transport!



MEALS

Meals During the Retreat

All meals are lovingly prepared in-house or catered by local cooks, offering a delicious mix of traditional and nourishing vegetarian-friendly cuisine. Included:



Breakfast – Light and grounding (e.g. porridge, fruit, tea, bread)



Lunch – Wholesome and hearty (e.g. soups, grains, salads, warm dishes)



Dinner – Comforting and satisfying, with soup or stew, vegetables, and more

Dietary needs?

We can accommodate vegetarian and gluten-free diets—just let us know your preferences when registering. All meals are prepared with love, using local ingredients.

Tea, coffee, and snacks will be available throughout the day.



INCLUDED

Included

- 5 nights shared accommodation
- 3 delicious meals per day
- All group activities & ceremonies
- Shamanic teachings & materials
- professional 4k video and photo report of the retreat

Not Included

- Flights
- Travel insurance
- Optional add-ons
- Personal expenses
- transfer from Kraków

Frequently Asked Questions

Do I need prior experience with shamanism or spiritual practice?

Not at all. This retreat is beginner-friendly and fully guided—you'll be gently introduced to all practices in a safe, respectful way.

Is participation in firewalking or intense rituals mandatory?

Never. You are always in full choice. These experiences are optional and you are supported whether you participate or simply witness.

Is the retreat suitable for people traveling solo?

Absolutely! Many participants come on their own. The group quickly becomes a safe, supportive circle.

Will I have free time?

Yes. There's space daily to rest, journal, walk in nature, or enjoy the sauna. You can also book a private session or simply soak in the peace.

What should I bring?

A detailed packing list will be sent after registration, but essentials include:

- Comfortable clothes for movement and outdoor walks
- Layers (mountain weather can change quickly!)
- Reusable water bottle, journal, and small symbolic item for ceremonies
- Swimming suit for enjoying the river
- An open heart and curiosity



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Your Facilitators

This retreat is guided by Shaman Pablo Teiwaz León and Shaman Monika Marek—both initiated under the lineage of Master Northern Deer Alexander and deeply rooted in the Siberian shamanic tradition.

With over a decade of experience holding sacred space, they are dedicated to guiding others toward deep healing and spiritual awakening through the direct experience of the Spirit of Truth.



Classical Siberian Shamanism



The path of Patanjali Yoga



Modern integrative spiritual practices



More than 200 retreats, ceremonies, and workshops



Touched the lives of 800+ participants across Europe



Created transformational spaces for self-discovery and empowerment

Testimonials

Real stories from our previous Trips & Retreats:



"The rituals deeply connected me to my life's purpose and brought clarity through the powerful energy of nature and community."

Inge



"This retreat profoundly deepened my spiritual connection. I left with practical tools to understand my energy and enhance my everyday life."

Eve



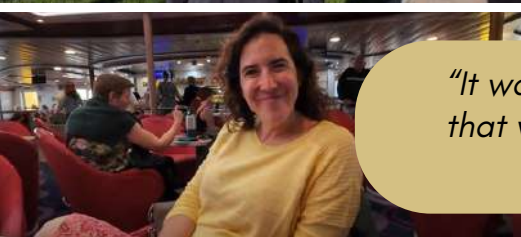
"I rediscovered my inner power and joy. I now feel confident to manifest my dreams into reality."

Fabian



"I finally found the clarity I needed to merge spirituality and business into a purposeful, energized project—I can't wait to begin!"

Maya



"It was like living a dream. I discovered parts of myself that would have taken years to uncover otherwise."

Ana



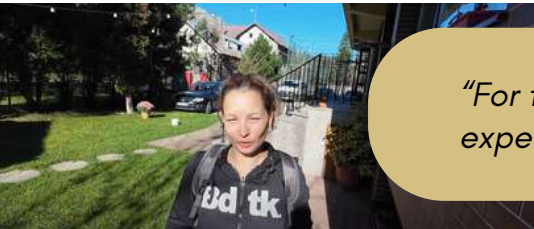
"I feel energized and full of inner peace. I only wish I'd known sooner how fulfilling life could truly be."

Alex



"Every retreat reveals a deeper truth within me. It's a transformative journey of belonging, awakening, and self-discovery."

Alexia



"For the first time, I didn't just understand freedom—I experienced it deeply, in my heart."

Iasmi



"This retreat awakened me to truly live—not overthink, but fully embrace life with joy."

Mirja



"A profound shift happened effortlessly. I felt safe, free, and deeply connected—to myself and to others."

Eugen



"Walking the Camino opened my heart, and ending our journey with drum meditation by the ocean left me deeply in love with the world."

Ruben



Pricing

🌀 Unique seminars & hands-on practices from the Siberian shamanic tradition

🏞️ Guided hikes & rituals at the sacred power spots of Jaworki

🛏️ 5 nights accommodation in a peaceful mountain guesthouse

🥗 Full board meals (vegetarian, with gluten-free option)

☕ Coffee, tea & spring water available anytime

🚣 Canoe excursion on the Dunajec River

📹 Professional 4K photo & video report of your experience

✨ Total value: ~~>2,000€~~

ONLY:

697€

Shared Room
(4 pax)

747€

Shared Room
(3 pax)

897€

Shared Room
(2 pax)

1097€

Individual
room**

** Individual rooms will be available in the neighborhood surrounding the retreat center

** Spots are limited and tend to fill quickly.

REGISTER HERE!

This is your moment. Say yes to the journey!

Magical Extras

Available During Check-Out



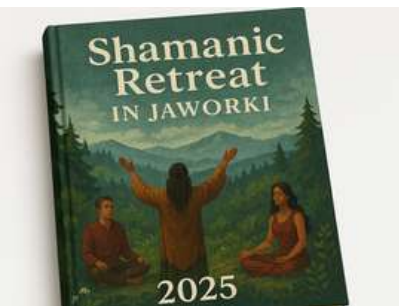
Pre-retreat online preparation ritual + Post-retreat group coaching session (80€)

3-hour online ritual the week before the retreat: “Unity of Desires” – a powerful practice to connect with your spirit guide and align your intention, including a guided Tarot ritual. After the retreat, a 2-hour group coaching session will help you integrate your experience and bring its teachings into daily life.



Individual shamanic session during retreat (75€)

A deep, private healing session with Monika or Pablo during the retreat. Only **two slots available**. An opportunity for intimate, personalized healing and energetic realignment.



The Jaworki 2025 Retreat Book (47€)

A full-color hardcover physical book containing all the teachings and seminars from the retreat, including diagrams, images, and tables. You’ll receive it within two weeks after the retreat—a unique keepsake holding all the wisdom of the experience.



Transfer from and to Kraków (80€)

Round-trip mini-bus transportation from the center of Kraków directly to the retreat location and back. A stress-free way to reach the retreat without needing to arrange your own transport.

REGISTER HERE!