



**CONNECT WITH NATURE
AND YOURSELF
TO LIVE A MORE FULFILLING LIFE**

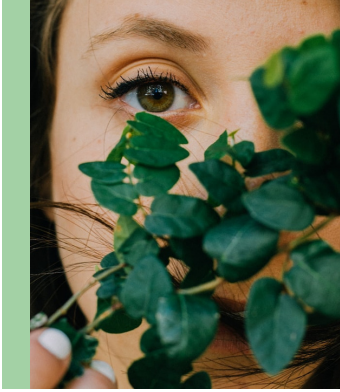
workshop 28.04.– 1.05.2023

You can connect with nature around you on a very deep and sensual level, no matter how hurt and close up you are.

By connecting with nature, you will discover that it helps you connect with yourself on a level you cannot yet imagine.

Experience true connection with trees, flowers, caves, rivers and waterfalls, landscapes and sites, so they can enrich you with their inner beauty and treasures.

Nature carries you



We all are extremely sensitive beings who have closed ourselves up in order to experience only a certain, limited part of ourselves. Which is to live a certain story.

This limitation usually happened through a painful experience or trauma. When we are willing to let go of this limitation game, nature can be of great inspiration and can help us to release trauma and open up again.

With the help of nature, it is easier to open up because nature doesn't have its own agenda. It will most gently be helping you to tap into the magic and wholeness of life again.



OUR INTENTION:

Our intention for the workshop is to go beyond the mind and connect with nature and yourself on a broader scale. And thanks to it - to live a more fulfilling life.

Who is the workshop for:

The workshop is intended for everyone who wants to discover the depths of nature and themselves. We will develop our senses and at the same time discover the nature of the world around us and within us, which is full of hidden treasures.

Through the development of **sensitivity and non-mental/non-verbal communication**, we will connect with different spaces and beings in nature. The magic and beauty of nature and the multidimensionality of authentic spaces is an inspiration to learn about these treasures in each of us. And to muster up the courage to let them shine here and now.

With this sensitivity, we can also recognize the gifts of individual areas or landscapes, or detect obstacles or traumas in the landscape/area/house and help balance or release it.

About the facilitator:

**GREGOR
MATOS**



Gregor was born in 1974. **Since he was a boy, he wondered about life, about the laws of the universe and how it functions, which brought him to studying physics.**

He always felt that there was more to life than meets the eye and continued to discover.

Deep personal experiences and inner guidance shaped his path. One of the important milestones was meeting Marko Pogačnik and his work.

Since 2008 Gregor has been active in the Slovenian association named VITAAA, Association for the Coexistence of Humanity, Nature and Environment, which aims to maintain awareness of the multidimensional reality of the world and communicate with it also through art. **Awareness is the first step to being able to respect all facets of life which then brings balance and peace, first within us and then outside of us.**

In accordance with this approach, the association provides training, workshops and publishes books. The president of the association is Marko Pogačnik, UNESCO Artist for Peace.

Since 2015, Gregor has been the secretary of the association. In 2011 he became an assistant teacher in the association's school: School of Creative Coexistence with the Earth and Its Beings – a two-year program of opening up to nature and oneself. Since 2018 he is one of three main teachers in this school.

Since 2019 he is also running his own workshops mostly in Slovenia and Croatia.

It will be the first time in Poland!

The results of the workshop:

You will deepen your sensitivity and develop your own language of communication with nature and beings around you.

What we will be doing:

We will be visiting 3-4 places a day and through a set of guidance and tools you will be invited to tap into them. Gently melt down the obstacles of your mind

You may join for 2 or 4 days.

The starting point each day will be Krakow, we will drive you to all places.

PRICE FOR 2 DAYS - 500 ZŁ

PRICE FOR 4 DAYS - 800 ZŁ

Included in the price:

- Translation into Polish
- Necessary drives to locations

Not included in the price:

- Accommodation in Krakow
- Food – please take your own beverages and lunch

Agenda of the day:

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- 8:00 – 9:00 drive
 - 9:00 – 10:00 theory, explanation, what to expect and what not to expect,
 - 10:00 – 10:30 break and change of locations
 - 10:30 – 12:00 connecting with nature and ourselves - practical experience or rather being with nature
 - 12:00 – 13:00 reflections exchange
 - 13:00 – 14:00 lunch and drive to another location
 - 14:00 – 15:30 being with nature
 - 15:30 – 16:15 exchange
 - 16:15 – 17:00 back to Krakow

Words from workshop participants:

This kind of workshop is for me a **finally found practice of shared connection with all the realms of the Earth**. It's a pilgrimage shared with souls that are eager to connect with themselves, others and the soul of the landscape. It brought me very special and **precious experiences of deep and intimate contact with nature**. Anywhere I go now, **the inner magic of the place feels much more accessible, and the divine** tools for healing my relationship with places that bring me unease and perceiving the hidden forces that create forms and landscapes, however big or small they are. And finally, it's a container that fully acknowledges my individual subjective experience and its expression: even more so, it becomes an important piece in a mosaic of the perception of the soul within the nature around us and in that way gives me a taste of experience how it can be possible **to live as one authentic self, yet within a harmonious community, healthily intertwined with the whole web of life**.

Ulla

Antolos, Croatia

The workshop in Istria, Croatia, was truly a wonderful experience. I was able to attune to the whole group of other participants, which supported and enhanced my inner journey of extending and integrating parts of my consciousness. We visited different historic and nature spots offering us to connect to various beings and their unique vibrational frequencies. At the end of the workshop, **my heart was full of joy and gratitude to be here on Earth, to be in service of love and light in these turning times and transformations**.

Tea

Golob, Slovenia

Opening up to nature with Gregor was a life changing experience for me. I am a different person now – I know I can at any time open up to the stream of connection and love between me and trees, lakes, rivers... What I have experienced in Slovenia is difficult to capture with words. Before – I was a numb block but through a series of gentle suggestions and the space created by Gregor and his presence suddenly an opening to a new world was created and I experienced the magic, aliveness, connectivity, exchange and immense love from me and towards me. It is as though I was living a dull, gray life and then I switched on color. I will be forever grateful to Gregor and to nature. I wish everybody could experience that and know – we are truly One.

Gosia,

Poland (workshop in Slovenia)
