

HIKING, DIESSE

# ALCHEMY OF THE 5 ELEMENTS

**Nature immersions include:**

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**Discovering energetic and beautiful places in the Plateau de Diesse region.**

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**Recognising certain plants and spaces for your well-being.**

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**Hiking and half-day programmes.**

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**Activities to awaken your creativity in relation to nature.**

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**Awareness walks and exercises to connect with our environment.  
Some of the benefits of immersions and experiences in the region's natural sites:**

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**Awakening a healthy and beneficial bond between yourself and nature**

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**Release stress and harmonise your body, mind and spirit by aligning the 5 elements (inner and outer ecology)**

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**Develop resilience through the seasons**

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**Create a harmonious bond in your relationships**

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**Discover the natural side of life on a mindful journey (plants, minerals, local produce, etc.)**

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**Learn methods that will enable you to integrate the ancestral wisdom and alchemy of the 5 elements into your daily life.**

**Christelle Chopard (Amarun) has been incorporating the wisdom and alchemy of nature's 5 elements into her guidance and consultations since 1991. She invites you to discover the seasons and develop resilience through playful experiences tailored to the climate and your goals in the Plateau de Diesse region. As a yoga therapist and life coach, she will guide you through your experiences with kindness.**

**Earth Element**

**Grounding and security.**

**Link with places in the region that encourage anchoring and a relationship with the trees and the earth. ~ sense of touch**

**Water Element**

**Fluidity and resilience**

**Outings to water: rivers, ponds, lakes in the region, depending on the**



## **CONTACT**

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