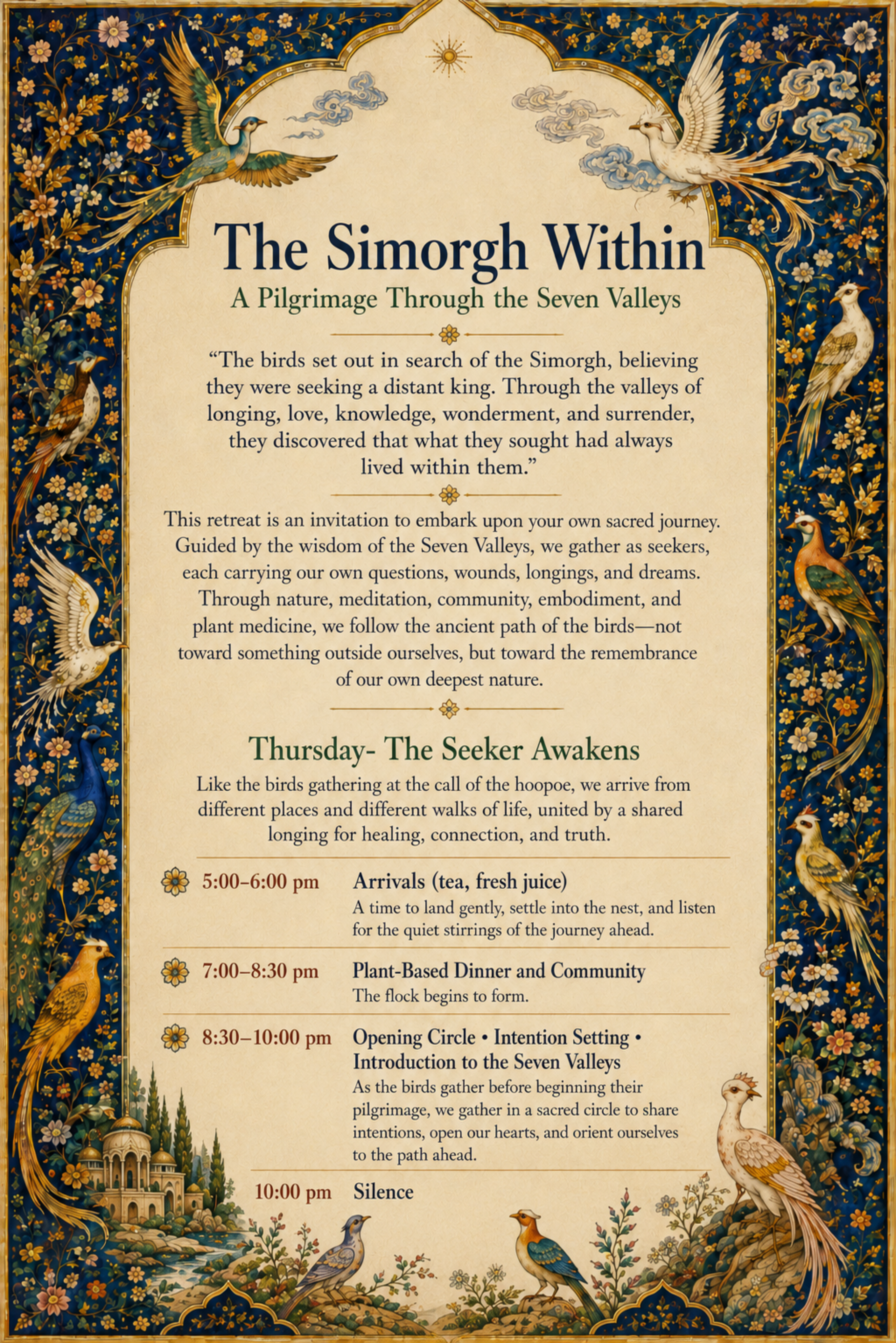




The Simorgh Within

A Pilgrimage Through the Seven Valleys

“The birds set out in search of the Simorgh, believing they were seeking a distant king. Through the valleys of longing, love, knowledge, wonderment, and surrender, they discovered that what they sought had always lived within them.”

This retreat is an invitation to embark upon your own sacred journey. Guided by the wisdom of the Seven Valleys, we gather as seekers, each carrying our own questions, wounds, longings, and dreams.

Through nature, meditation, community, embodiment, and plant medicine, we follow the ancient path of the birds—not toward something outside ourselves, but toward the remembrance of our own deepest nature.

Thursday- The Seeker Awakens

Like the birds gathering at the call of the hoopoe, we arrive from different places and different walks of life, united by a shared longing for healing, connection, and truth.

-  **5:00–6:00 pm** Arrivals (tea, fresh juice)
A time to land gently, settle into the nest, and listen for the quiet stirrings of the journey ahead.
-  **7:00–8:30 pm** Plant-Based Dinner and Community
The flock begins to form.
-  **8:30–10:00 pm** Opening Circle • Intention Setting • Introduction to the Seven Valleys
As the birds gather before beginning their pilgrimage, we gather in a sacred circle to share intentions, open our hearts, and orient ourselves to the path ahead.
- 10:00 pm** Silence



Friday- The Heart Opens

In Attar's telling, love burns away certainty and opens the door to deeper knowing. Today we step beyond the familiar and into direct experience.

-  **7:30–9:30 am** **Tea • Fresh Juice • Free Time in Nature**
A quiet morning among the trees, sky, wind, and birds.
-  **9:30–10:00 am** **Meditation and Breathwork**
Preparing the inner landscape.
-  **10:00–10:30 am** **Silence**
Crossing the threshold.
-  **10:30 am** **Opening the Sacred Circle (optional)**
With reverence and intention, we step into the unknown.

Like the birds crossing vast deserts and mountains, each participant undertakes a unique inner pilgrimage. Some may encounter joy, grief, wonder, resistance, beauty, mystery, or profound insight. The invitation is not to seek a destination, but to trust the unfolding path.

-  **5:00–6:00 pm** **Tea • Light Snacks • Journaling •
Quiet Reflection • One-on-One Support**
Returning gently from the journey.
-  **6:00–7:00 pm** **Optional Sharing Circle**
Witnessing one another's stories with
compassion and presence.
-  **7:00–8:30 pm** **Plant-Based Dinner**
Nourishment and grounding.
-  **8:30–10:00 pm** **Gentle Re-Entry • Yoga Nidra •
Dancing around the bonfire • Silent Reflection**
Resting in the spaciousness that remains after the
winds of transformation have settled.
- 10:00 pm** **Silence**



Saturday Morning - Separation Softens

As the birds continued their journey, the boundaries between self and other began to dissolve. Wonder replaced certainty. Connection replaced separation.

-  **7:00–8:00 am** **Fresh Juice • Tea • Nature Time**
Greeting the day with curiosity and presence.
-  **8:30 am** **Hearty Plant-Based Breakfast**
-  **10:00 am–12:00 pm** **Integration • Storytelling • Meaning Making**
Gathering the golden threads of the journey. Listening deeply to our own experience and the wisdom reflected through the stories of others.

Saturday Afternoon & Evening - The Seeker Becomes the Sought

In the final valley, the birds discover that what they sought was never separate from themselves. The illusion of separation dissolves, and a deeper truth is revealed.

-  **1:00 pm** **Plant-Based Lunch**
-  **2:30–4:30 pm** **Free Time • Nature Time • Rest**
A spacious pause before the final gathering.
-  **4:30–6:00 pm** **Dance and Embodiment Session around the fire**
Celebrating the wisdom of the body. Allowing insight to move beyond words and become a lived experience.
-  **6:30 pm** **Dinner**
-  **8:30 pm** **Reconnecting with the Simorgh Within
A Heart-Centered Closing Ritual with Cacao**
The culmination of the pilgrimage.

As in Attar’s tale, we arrive at the place we imagined to be the end of the journey, only to discover that the Simorgh—the source of wisdom, love, healing, and belonging—has never been separate from us.

Through reflection, gratitude, community, and ceremony, we honor the path we have walked and the truth we have remembered.

10:00 pm **Silence**



Sunday —

Bringing the Simorgh Home

The journey does not end here.
The birds return transformed by what they
have discovered. We too prepare to return
to our lives carrying the gifts, insights, and
remembrance gathered along the way.

7:00 am Plant-Based Breakfast •
Fresh Juice • Tea

A final morning together.

Return — Departure by 11:00 am

May the wisdom of the journey continue to unfold
long after the path has ended.
May you remember the Simorgh within.