

APRIL 16-20 &  
SEPTEMBER 24-28  
2026



A CYCLICAL  
JOURNEY IN  
NORMANDY

Hope Accelerator +  
Kirsten Kallman

## The Fecundity of Decay: A Pilgrimage Towards Selfhood

### A 4-Night Spring Retreat Honoring Nature's Rhythms and Your Own

*Light, dark, light again...*

As a part of nature we too, are meant to live in cycles. We are not here to be endlessly productive, relentlessly blooming. **Wintering enables Spring.**

This spring, we invite you to **Normandy**. Through carefully woven days of connection, we'll explore what it means to live as part of nature, not apart from it.

**This is not a retreat to escape your life, but to return to it more fully.**

### What to Expect

- Seasonal nourishment & local market visits
- Cooking and reflection with Kirsten Kallman
- Circle work, Human Design & Gene Keys
- Gentle yoga, sound bath & creative workshops
- Optional coastal excursions



### For those ready to:

- Slow down and listen inward
- Reconnect to body, intuition, and Earth
- Embrace life's natural cycles
- Return home to themselves

