



Ayurveda For Life

Olive Retreat - Unique Workshop

3h. on 19+21+24 October, Kompani Kolibri, Stockholm

oliveretreat.com/workshop



One day in September I was walking in Gamla Stan, as beautiful as always with her jewels from ancient architecture giving witness to love and murder, faith and hate. I strolled along, looking for something, not knowing what, but for sure nothing to buy. I'm getting rid of stuff, not getting stuff. Besides, I only travel with a backpack nowadays.

I entered one of my favourite streets, Köpmangatan, remembering my years as a city guide while at uni. It's a bustling street with antiquities, art and fun shops and it always has a good feeling around it. Suddenly I find myself coming to a full stop. Colorful malas touched my heart and I remembered my stays in India and my home in Thailand. I saw my reflection in the window and before I knew why I stood into Katarina's world at Kompani Kolibri. A sincere calm came over me with her smile.

After three lovely meetings and I don't know how many gorgeous herbal teas and excellent coffees, we hereby have the immense joy to invite you to participate in what will be a unique Workshop orchestrated only for our following and for those who are curious about Ayurveda and the true healing of one's self, loved ones and our karma together on Earth.

Step in and embrace the Kolibri - for meaningful meetings - you too.

<https://www.kompanikolibri.se/>



PROGRAM & WHAT

Body-Mind-Soul Detox Workshop, Sweden



At this O · workshop of three parts, we walk you through a full circle, three defined parts of you; body-mind-soul, that will get cherished and nurtured with one purpose - to enhance Prana (life energy) and the connection to our Cosmos. **The methodology is Ayurveda, an 8000 year old philosophy, with origins accredited to the Indus Valley. It's an ongoing science and the mother of medicine and healing.**

We guide you from your present state to greater connectedness and awareness with exercises and dialogues, and support you all the way to the final hope-filled and active transformation. The exercises are gentle, proven, uncomplicated and very nice. There is nothing uncharming and frightening about this workshop, and we blow away shame, blame and guilt within the first session. You will wake up the Prana - life force - with these amazing practices, which will serve you whenever you need to pick up more energy as long as you live.

The workshop is divided into three parts of 2.5 - 3 hours each with a break. Starting with our observable physical reality, passing through the

man-made one and summing it all up with our creator and meeting our Karma and soul in the bigger picture of Us and Me.

Three Unforgettable Events

In part 1 we lay the foundation for truly understanding why we feel, what we feel, and how to find the truth behind the feelings.

In part 2 we dig deep into the mental structures that create our reality to convert this most amazing "truth" into the deep joyful journey ahead.

In part 3 we learn to access the Cosmic Energy of the very real and very miraculous universe, using modern quantum and ancient spirituality.

This amazing workshop detoxes your whole being, your soul, your karma - past and future - and that of your family. The group grows connections and you'll most likely have friends for life.

If your gut tells you that there is more to discover, more behind and above the wheel of life, this workshop is for you.



DAY 1 - Tuesday 19 Your Body

18.00 - 20.30 What is the body - really?

- The physical reality where modern science has caught up relative to what you feel. Questions will arise to carry us through the whole workshop.

Snack and herbal teas

- Physical **movements** with stretches and **points** to enhance what you want in life with the Body - the tool for Day 1.
- **Breathing** that takes you to other dimensions of you, and the Cosmos.

DAY 2 - Thursday 21 - The Mind

18.00 - 20.30 How is the mind defined and what is it really?

- If we have a mind, can we define it? If we say we don't, do we need one and have to define that, or what else "**thinks**" for us?
- Exercises and **words** that blow your Mind - the tool for Day 2.

Snack and herbal teas

- Practice in the Temple - the Body - to evolve the Mind.

DAY 3 - Sunday 24 - Our Souls

10.00 - 13.00 It's the day to elevate the being and release what is too heavy to fly.

- The main key parts: **Birth - Life - Death**
- Karmentum
- The soul's expression in the physical realm - **silence** is the tool for Day 3

Snack and herbal teas

- The path continues, directions are taken and steps are made.

13.00- Final Closure

*the program and timing might change and is weather dependant



Life starts with self-compassion and self-care and spins over to other parts in life. Cristina and Ray like no others, are absolutely phenomenal in transmitting this in only a few hours.

— Dr. Thamthana Paisarn, Kindfulness Projects



WHO & WHAT'S THE STORY

E. [Cristina](#) is a well-known healer, an Ayurvedic Practitioner and co-author of five books, including cookbooks, with a background in Acupressure and Orthomolecular Medicine, which she leans on in all she teaches. She “senses” and communicates with the bodies she works with, beyond the norm. With her partners she founded Olive in 2011 and developed a well-proven methodology called the O · method, including a body-mind-soul detox.

She’s currently in Europe and visits Sweden in October to November, before she leaves for Spain. She is based at her O·shram in Thailand where her partner currently stays. You will meet [Ray](#) online for the second and third workshop.

[Ray](#) is the observer, the guy behind the scenes, the thinker and the questioner. Nothing is “normal” and nothing is wrong or right. If he

relied on any principle to create a life, it would be the First and the Second Law of Thermodynamics.

He has worked at universities around the world, in government and with fortune 500 leaders and heads of state. He is an author and has ghost-written several books. He is simply a great and old soul that has been around, and who truly sees each and every one of us. What you can't ask Ray you can't ask anyone. Team dynamics with individual healing is his area, and he is the best listener around, one who can truly figure things out with you.

They form the core in all activities- workshops, talks, retreats and writing. From them we grow a team of co-workers depending on the event and the assignment.

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Compassion and true forgiveness is a mystical and sensational spiritual process. The reasoning mind is incapable of it. Genuine forgiveness is a self-initiated spiritual act with support of grace and faith to release the compulsive self-righteous monkey mind of right-wrong, shame - blame and guilt, which continually enforces a position of entitled anger or hurt.

- Cristina Azcárate, Co-founder of O°LIVE



LOGISTICS

Bring yourself, a notebook and comfortable clothes.

The workshop is planned over three occasions with at least one day inbetween to get the full transformation. The maximum number of participants is ten. We highly recommend staying for the three full days and will prioritise those who can.

SPECIAL KOLIBRI PRICE

~ **Workshop (9 hours)** - 2600 SEK including snacks & herbals.

~ **Accommodation** - special prices for accommodation can be provided in Gamla Stan.

WHAT TO BRING & WHAT NOT TO BRING

Bring an empty mind and a comfortably full belly. Bring your favourite yoga mat if you wish to sit on the floor, and a notebook.

Please don't bring or wear strong smelling fabrics, perfumes, fragrances, noisy jewelry or other disturbing things.

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*Wow... I can feel it You changed my life... calm and happy ... Best I've ever done ...
Ive you to thank for it.... F---ing amazing in all possible ways ...*

- Testimonials - [more on our site](#)

ASK US

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DIRECTIONS & ADDRESS

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<https://www.kompanikolibri.se/>



ENJOY THE COSMIC RIDE!