



Invitation for a Winter Trail

Peter van der Vlis
Gerard van den Berg

March 3-6, 2021

Life goes on – let's explore how, in nature...

- On March 3-6, 2021, we will host a wilderness trail for individual participants in one of Europe's beautiful winter landscapes. Depending on final Covid travel options, we will host the trail either in Sweden (near Hinderson Island), France (Vercors) or Spain (Aran Valley).
- With a small group of 6-8 participants, we will retreat in the quiet, majestic winter landscapes, to reflect in peace and stillness on who we are and where we want to go. This is a very personal journey, yet participants will benefit from sharing each other's life stories, with its challenges as well as learnings.
- On trail, we will hand in phones to remove all digital noise. We will venture out into nature, off the beaten track; have solo time yet also share thoughts and insights with each other; and practice the powerful Dynamic Mind Practice (DMP) meditation technique.
- The final trail program and destination are dependent on Covid- and local weather conditions and will be confirmed closer to the trail date. We plan to travel in on the morning of Wednesday March 3rd, and to travel out on Saturday March 6th. Circumstances permitting, we will sleep in a mountain hotel on the first and last night, and camp out in nature the other two nights. We'll aim to offer the option of a special solo bivouac – a solo experience is one of the magical moments to deeply reconnect with nature and with self.
- The trail will be facilitated by Peter van der Vlis and our lead guide Gerard van den Berg
 - <https://www.linkedin.com/in/petervandervlis/>
 - <https://x-ploregroup.com/travelsandexpeditions/en/us/>
- The trail package includes an intake conversation, a post-trail personal coaching session, DMP instruction materials and free rental of outer layer clothing. The price for this package is €3.750 (corporate rate) and €3,250 (private rate) excl. VAT and excl. travel in/out.
- For more information and pre-registration, please contact us at petervandervlis@gmail.com.

