

A woman with long, flowing brown hair is depicted in a dynamic pose, wearing a vibrant green, low-cut dress with a wide, flowing brown cape. Her arms are outstretched, and she appears to be dancing or moving gracefully. Behind her is a large, glowing yellow sun or moon, creating a halo effect. The background is a dark, textured green, suggesting a forest or a night sky. The overall style is painterly and ethereal.

SHE WHO MOVES THE LIGHT

September 12, 13, 14
Near Bern, Switzerland

You've done the inner work - cleared emotions, reprogrammed beliefs, realigned with your truth. But real transformation only ripens when it's anchored in the body. Not as an idea - but as a lived, breathed, embodied knowing.

Cristina and Frida invite you to a weekend of joyful reclamation. A return to your inner ground through movement, voice, visual arts, meditation, and soul-rooted creative practice.

Come dance your truth into form.
Come and hear your body speak.

A woman with long, dark, wavy hair is depicted from the waist up, wearing a dark, flowing, open robe or dress. Her arms are outstretched to the sides, and she has a serene expression. The background is a warm, golden-yellow with a soft, ethereal glow. The overall style is painterly and spiritual.

FRIDAY 12

Arrival: 5.30 P.M.

We'll begin our journey with a nourishing vegetarian dinner at 6 PM - a soft place to land, meet, and connect.

(Let us know if you're vegan or have any intolerances - everything can be adapted with care.)

All the Flowers We Are
Opening Circle right after dinner

Through voice, music, and soulful expression, we'll open the space by honoring the colorful landscape each of us carries within:

our sacred wombs, our open hearts, and the shimmering inner visions of the world we long to live in.

SATURDAY 13 & SUNDAY 14

A Journey into the Body, onto Canvas, and into Expression

Over two days, we'll dive into the sacred intelligence of the body - awakening the stories, memories, and dreams it holds.

Through the practice of Somatic Body Mapping, you'll create a life-size representation of your body using images, colors, textures, and symbols to bring forth the full expression of your inner landscape.

We'll explore together through:

Voice | to align womb, heart, and throat

Movement | to integrate insight into sensation

Visual Expression | to let the hidden truth be seen

Meditation | to clear the mind and welcome stillness

Storytelling | to be witnessed in your wholeness

By the end, you will have created not just a work of art - but a mirror of your transformation, a sacred map of who you are **becoming**.

Held by Cristina and Frida



Cristina
Szemere Enderlin

Cristina creates spaces where art, body wisdom, and inner blooming meet.

Through Somatic Body Mapping, ritual, and creative expression, she gently guides women to reconnect with the beauty and truth of who they are. Her path is rooted in years of artistic and therapeutic exploration - always listening to the language of the soul.



Frida
Chehlaoui

Frida weaves voice, movement, and deep presence into sacred experiences of transformation.

Through music, creative embodiment, and energy-based practices, she helps women remember the vastness they carry within. Her path is a fusion of poetic expression, somatic wisdom, and soul-guided clarity - gently awakening the light that's ready to move through you, so you dance your truth into form.

Details and Registration

BOOK YOUR SPOT

Contact Cristina via WhatsApp or SMS: 079 819 47 24

Payment Options:

a) Bank Transfer

Raiffeisenbank Bielersee
Cristina Szemere Enderlin
Pavillonweg 2, 2502 Biel
IBAN: CH21 8080 8001 6346 7699 7

b) through TWINT: 079 819 47 24
(Cristina Szemere)

Retreat Fee:
CHF 360


SLEEPING ARRANGEMENTS

Landguet Ried offers a range of room types—from private rooms with en-suite bathrooms to shared accommodations.

We've pre-reserved a selection of rooms for our group. This reservation is valid until 21 days before the retreat. After that, unbooked rooms will be released to the public. To secure your preferred room, please book before August 21 directly via:
www.landguet.ch/de/unterkunft

Accommodation Fees:
from CHF 158 to CHF 282
for the 2 nights - including meals

Languages: French & English (German available for support)
Spots are limited – early booking is highly recommended.

A woman with long, wavy brown hair is depicted from the waist up, wearing a deep green, V-neck dress with a brown belt. Her arms are outstretched to the sides, palms facing forward. Behind her is a large, glowing golden halo or sun. The background is a dark, textured green with some faint floral patterns at the bottom.

SHE WHO MOVES THE LIGHT

Come as you are.
Leave as more of who you've always been.

This is a return to your body as temple, to your voice as spell, to your hands as the artists of your becoming.

Here, every breath is a brushstroke.
Every gesture, a prayer.
You are the light—
and the movement that carries it forward.