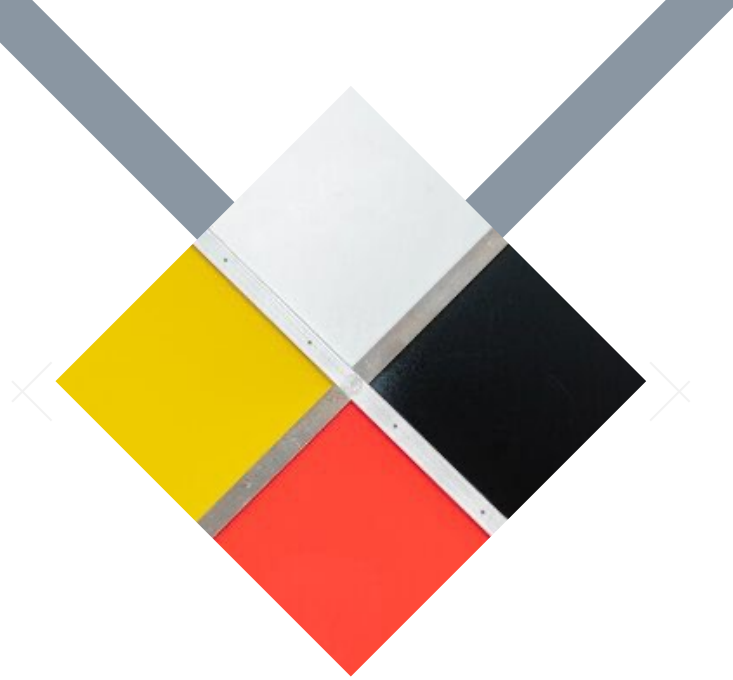




# SACRED FIRE 7 DIRECTIONS STUDY CIRCLE

APRIL 11TH - 15TH 2024  
ALGARVE, PORTUGAL



## Welcome

” The Sacred Fire 7 Directions Study Circle is designed to take a deep dive into the mysteries of the Sacred Flames. Receive a broad diversity of teachings and do numerous activities to improve your connection to the 4 elements via breath, meditation, the Medicine Wheel and creating altars. We go in-depth to learn how to create Sacred Fires according to the 7 directions with relating herbs, plants, offerings, crystals, animals & more ”



## Renew yourself by the transformative powers of the Sacred Flames

The teachings and activities are designed to apply into our daily lives

From lighting matches to drumming circles, from breathing to teachings of Rapé

The more we integrate and practice these tools, the more our lifestyle becomes Sacred

Your total perspective of the Sacred Flames will be transformed for the rest of your life

This is the journey through the Archetypes of the Visionary, Healer, Master and the Warrior



## Deep Cleanse & 3 breath journeys

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This Study Circle starts with a deep cleanse, 2 sauna evenings and 2 purification fires. We guide you in chapters as the '4 element theory, meditation and 3 breath journeys', learn how to build the Medicine Wheel and how to create Sacred altars with the 7 directions represented. Let go of your old skin and renew your energy with the sacred flames

## Sacred Medicines

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Receive a broad variety of teachings about the medicines of Rapé, Mapacho, Sananga and Cacao. We create circles with these Sacred Medicines and open up the space for healing, sharing, singing, voice exploration, prayers, drumming & dancing



## Sacred Fire 7 Directions

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Receive the teachings how to build an impactful Sacred Fire from scratch according to the 7 directions and all aspects that are involved to create the Sacred Flames. On day 4 you create and host together with the Sacred Fire scholars attending, a Sacred Fire yourself



## Safe Space

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We create a safe space for us to learn and is made to enrich your spiritual journey. We help ensure the continuity of ancient wisdom in deep respect and gratitude, keeping the Sacred Flames of cultural heritage alive for future generations

# Sacred Flames

In ancient traditions, "Sacred Fires" held a revered place as sources of Divine energy and spiritual connection, often tended by devoted priests and priestesses in temples dedicated to the Sacred Flame

These mystical fires were believed to symbolise the presence of Gods and Goddesses, serving as conduits for communication between mortals and the Divine realms

The benefits of tending to Sacred Fires were manifold; it was thought to bring blessings, protection, and purification. The warmth and illumination provided by the Sacred Fires were not merely physical but were believed to ignite inner spiritual awakening and enlightenment among the faithful



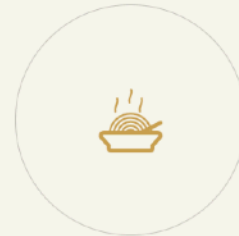
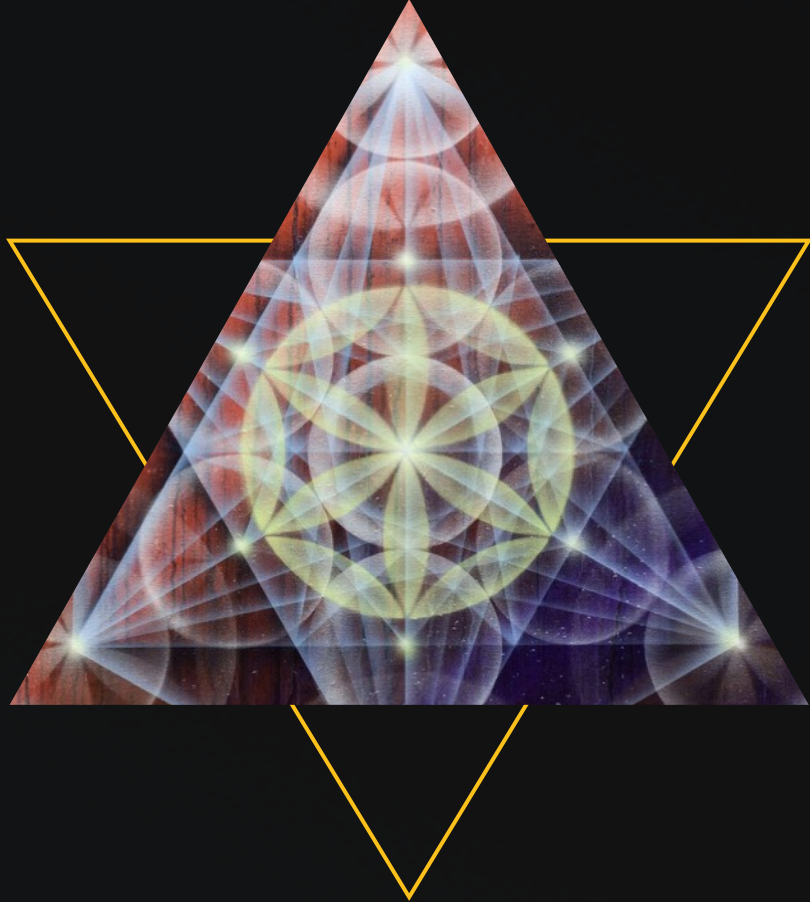


# 5 day Journey & Activities

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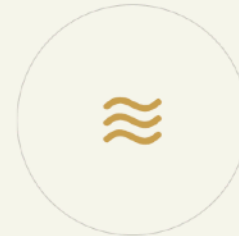
- April 11th    Welcome, Deep Cleanse & Release, Opening Ceremony & Sharing Circle, Sananga Circle, Noble Silence, Purification Fire, Sauna
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- April 12th    4 Elements Breathing & Meditation, Sound Journey, Egg Special, Altars, Medicine Wheel, Rapé circle, Noble Silence, Purification Fire, Sauna
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- April 13th    Shamanic Breathing, Guided Blindfold Activation, Teachings Sacred Fire & 4 Elements, Rapé Circle, Sacred Fire & Cacao Ceremony, Singing & Drum Circle, Music and Dance
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- April 14th    Transformational breathing, Mud bath, Special Gathering, Sacred Fire build & hosted by you, Rapé Circle, Singing & Drum Circle, Offerings & Mapacho circle
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- April 15th    Closing of Sacred Space & Energies, Sharing Empowerment Tools, Sharing Circle & Blessings

# You receive



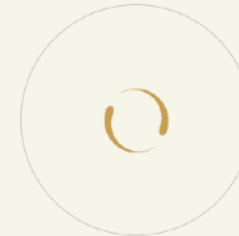
**15**

Delicious Vegan  
Gluten free meals &  
Snacks



**3**

Breath Journeys



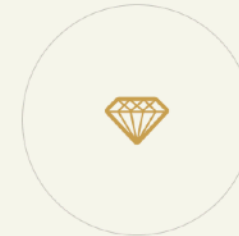
**2**

Sauna sessions



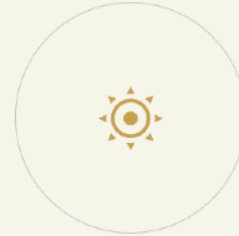
**4**

Deep Cleanses &  
Egg Special



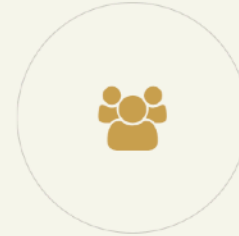
**5**

Days connecting  
with the elements



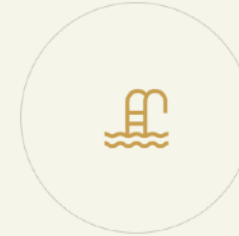
**2**

Meditations



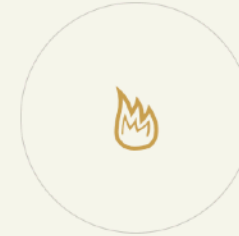
**13**

New Tribe Members



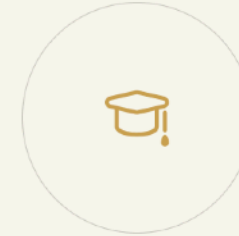
**5**

Days access to  
Natural water pool



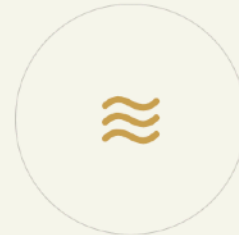
**4**

2 Bon Fires & 2  
Sacred Fires



**7**

Teaching classes



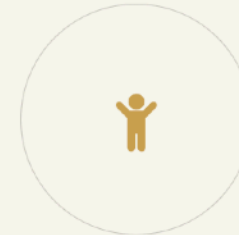
**1**

Mud Bath



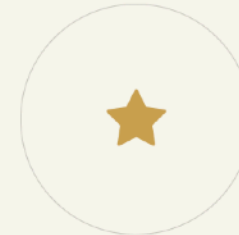
**5**

Plant Spirits



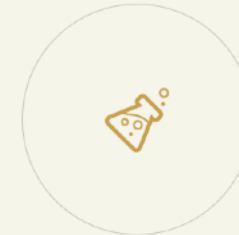
**1**

Rock Solid  
Foundation for rest  
of Your Life



**4**

Ceremonies



**1**

Inner Sacred Fire  
Initiation



# Sacred Fire Guardian Yoeri Stor

Since Yoeri was a kid he made fires in his home garden and had the freedom to do this throughout all his teenage years. During his adult years Yoeri studied how to create Sacred Fires in trainings, and learned from different traditions during his travels with the Native American Church and the traditional Mayan way of making Temazcal Sacred Fires

These types of Sacred Fires are not only important for us, but also to heal the land and the people who live there. In order to create these type of Sacred Flames there is a lot of wisdom, respect and presence involved. With this study circle Yoeri and his team share and teach great tools, tips and perspectives, in the form of classes and activities to give you the structure to create & host ceremonial Sacred Fires



# Our Team

We are very excited to welcome you to our Study Circles and we are here in service for you to create a safe space for healing, transformation and build the new cornerstones for you to thrive in your life

Our team has many years of experience in self exploring, healing, learning and hosting ceremonial Sacred Fires



Yoeri

*Sacred Fire Guardian*



Momo

*Heart Medicine*



Alexandra

*Medicine Woman*



Aia

*Hospitality Spirit*



Olga

*Food Alchemist*

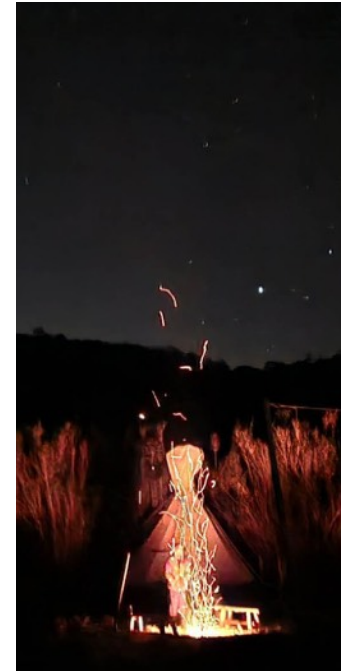
# VALVERDE

Green Valley

ValVerde is nestled in a green valley 15 minutes drive to west- or south coast beaches in the Algarve, where hills and trees surround you, where the air is filled with the scent of wild herbs and where the sound of nature prevails

The retreat space is built in 7 hectares of nature and privacy, where we can go deep inward and rest comfortably in the tipi village or guesthouses and enjoy the Sacred Fires under the sky full of stars and the beautiful songs of the nightingale

ALGARVE, PORTUGAL



# Vegan Food

Simple food that serves  
the land & heals the body

The food we eat is the medicine for body,  
mind, spirit & the land. Olga, the creator of  
the book "Recipes for the New Earth",  
provides us with delicious vegan meals and  
snacks designed to support all the elements  
within. Cultivating deep respect for the land





# Our Offer

EARLY BIRD  
First 5 participants

€888

Including

Shared Bedroom in tipi or  
guesthouse with single beds

Access to showers and  
swimming pool

Study Circle Activities  
Food, meals and snacks  
Drinks, teas and medicines

Life Changing Experience

EAGLE BIRD

€1088

Including

Shared Bedroom in tipi or  
guesthouse with single beds

Access to showers and  
swimming pool

Study Circle Activities  
Food, meals and snacks  
Drinks, teas and medicines

Life Changing Experience

More information about our Booking Policy is on our website

Please contact us in case financial flexibility is required



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VALVERDE | ALGARVE, PORTUGAL

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