

LOVE & DARKNESS

PROGRAM & RETREAT
JAN - MAR 2025

Enter
the
Mystery

PROGRAM DATES:
JAN 13 - MAR 13, 2024
RETREAT DATES:
FEBRUARY 13 - 16, 2024
LOCATION: ONLINE & FINLAND

LOVE & DARKNESS

Embark on the journey into the Void: Embracing Love, Navigating Shadows, and Reclaiming the Power of Darkness

All life begins in darkness—the fertile void from which everything is born. Darkness is not the absence of light but the womb of creation, the sacred space where transformation takes root. To reclaim the gifts of darkness, we must navigate our shadows, build resilience in uncertainty, and behold life’s unfolding story rather than merely seeing its surface.

Love & Darkness is a 2-month program that combines individual preparation, immersive retreat experiences, and integration. By exploring the dance of love and darkness, This program invites you to deepen your connection with love while confronting the shadows that shape your life and relationships.

This program is not about romance—it is about authenticity, facing challenges, and working through the complexities of human connection. It’s about having the safe space to look at what is ugly, what we don’t like, what we judge, the boundaries (that we keep and the ones that are not respected and why), the unbalanced emotions (their depth and unexpressed needs). It’s about loving what nobody else can love for you. It’s about rescuing and reclaiming the power of darkness.

About Temenos

Temenos is where ancient wisdom is adapted for modern life, supported by the latest science and proven through lived experience. Rooted in the belief that true well-being comes from cultivating a space within—one from which we learn to transform ourselves and reflect that transformation in the world around us. We offer tailored programs, immersive experiences, and tools to help you heal, grow, and find balance in today’s world.

About the Instructors

Sabrinas expertise centers on tapping into the body’s intelligence and using that as a vehicle for healing, growth and transformation. Her practices span from traditional body work techniques from the Tantric & Daoist traditions through helping people enter altered states of consciousness through breath, plant medicine and sensory stimulation.

By aiding individuals in decoding and translating the language of the body, Sabrina facilitates access to a profound level of intelligence for healing both our inner and outer lives.

Sophia has been working as a professional healer since 2013, constantly looking for more tools to understand what it means to be human now. In that quest, her path crossed with the Amazon indigenous healing system. These shamanic habits and knowledge changed her life and helped her see the interconnection between all things.



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Program Outline

Online : (January 13 - March 16)

The program phase focuses on your individual journey and provides tools to prepare for the retreat and integrate its lessons afterward. This is a time to examine your patterns, reflect on personal growth, and explore how you show up in your relationships(to yourself, others and the world).

Kick off - 60 mins

- introductions, an overview of the program structure, goal setting, and a dedicated Q&A session to ensure clarity and alignment for the journey ahead

Individual Sessions - 60 min

- Two private sessions tailored to your journey as individuals and partners.
 - In January: Reflect on personal challenges, uncover dynamics, and set intentions for the retreat.
 - In March: Process the retreat experience, integrate insights, and identify ways to maintain your growth.
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Group Sessions - 2hr

- Two sessions with all participants to build community and explore shared themes.
 - In January: Prepare for the retreat with tools for self-awareness, communication, and emotional resilience.
 - In March: Reflect on the retreat and share insights in a supportive group environment.

Closing / Feedback Session - 1hr

- reflection, feedback, key takeaways, and a final Q&A to ensure clarity and integration moving forward

Self Study

- Participants will receive a comprehensive PDF workbook featuring course content, journal prompts, guided meditations, and curated links to further readings, podcasts, and resources.
- based on the program material and insights and received during the individual and group participants are expected to engage in their own self practice - Approx 5- 15mins daily practice(journaling, reading, guided meditations or visualisation. There will be additional preparatory activities required before the retreat.





Program Outline

Retreat (February 13 - 16)

The retreat provides an immersive sanctuary for deep exploration of the intricate dynamics of connection. Through sacred rituals, intentional group practices, and a immersive Plant Medicine ceremony, you will journey into the depths of your own unconscious. This process invites you to embrace the interplay of love and darkness, unveiling hidden truths and cultivating a deeper, more authentic relationship with yourself and others.

During the retreat, you'll focus on Rituals of Love and Darkness::

- Exploring Rage, Fear, and Resistance: Confront the shadow aspects of your relationships, including discomfort, resistance, and unspoken fears.
- Navigating Winter: A metaphor for the "frozen" moments in your relationships—where communication halts and emotions feel stagnant. Develop tools to move through these times with grace.
- Understanding the Power of Sexual Energy: Explore the true nature of sexual energy, breaking through the taboos and misconceptions that limit its expression. Discover this energy as not only a connection between partners but as the most potent force of creation—an intrinsic life force within yourself that permeates all of existence.
- Tools for Unblocking and Harnessing Energy: Gain practical tools to identify and release blockages in your sexual energy, learning to harness its creative and transformative power to enrich your life and relationships.
- Participate in sacred plant medicine, traditional Finnish sauna ceremonies and guided practices to reflect, release, and grow together.
- How to Hold somebody else in their Process: Learn how to support your loved ones during moments of vulnerability, transformation, and emotional resistance.

Due to the sensitive nature of the content, we have included more in-depth information in a separate document. For full retreat details and schedule please be in touch.

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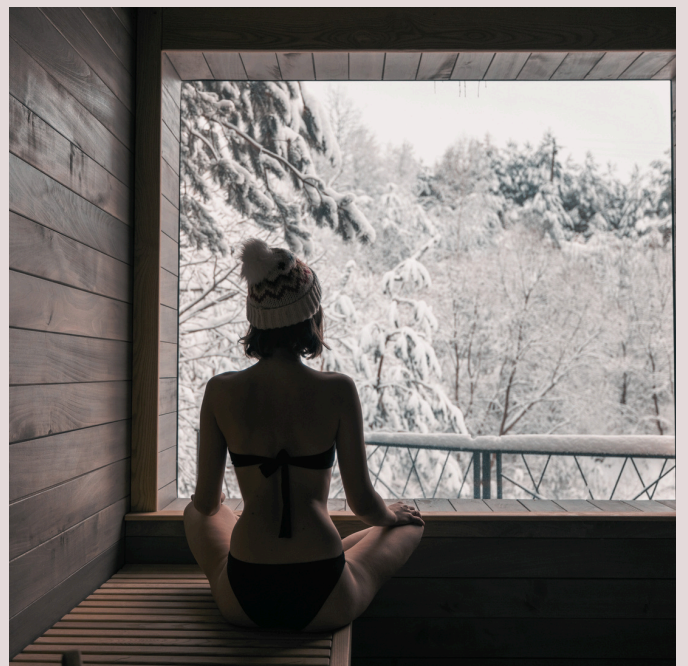
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JOIN US IN THE PROFOUND BEAUTY OF FINNISH NATURE, WHERE
DARKNESS & LIGHT LIVE IN A CONTINUOUS LOVE AFFAIR



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Program Schedule

Open Info Session

January 4th - 13h CET

Program Kick off - 60 min

Mon Jan 13th - 18h CET

Tues - Jan 14th - 11h CET

Individual Sessions - 60 min

Please book your first call before the first group call

Group Call # 1 - 2h

Sat Feb 1st - 18h CET

Sun Feb 2nd - 11am CET

Retreat - Feb 13-16th

See separate retreat outline for more details

Individual Sessions - 60 min

Please book your second call before the next group call

Group Call # 2 - 2h

Sat March 15th - 18h - 20h CET

Sun March 16th - 11h - 13h CET

Closing / Feedback

Thurs March 20 - 19h CET

Investment

€1.250 per person

€750 Temenos Community member price

Upon sign up you will receive a confirmation email with payment information. If you would like to receive an invoice there will be an added VAT charge of 25.5 %

Includes:

Program materials ; Course reading, videos or recorded content, recommended books & podcast), Individual and Group sessions, Retreat program, retreat accommodation, all meals, plant medicine, and guided activities and a 1 year membership to the Temenos Community

Temenos Community Membership

We understand that integration is a continuous process which requires ongoing community support which is why all of our programs include 1 year access to the Temenos Circle - our community which offers Quarterly group calls, a dedicated communication channel for discussion and special discounted offers on all programs during the year of membership.

Financial Accessibility

We are always inclusive for people in different financial situations so in all programs we are committed to instalment payments and full and partial scholarships. If you need, please be in touch.

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Contact

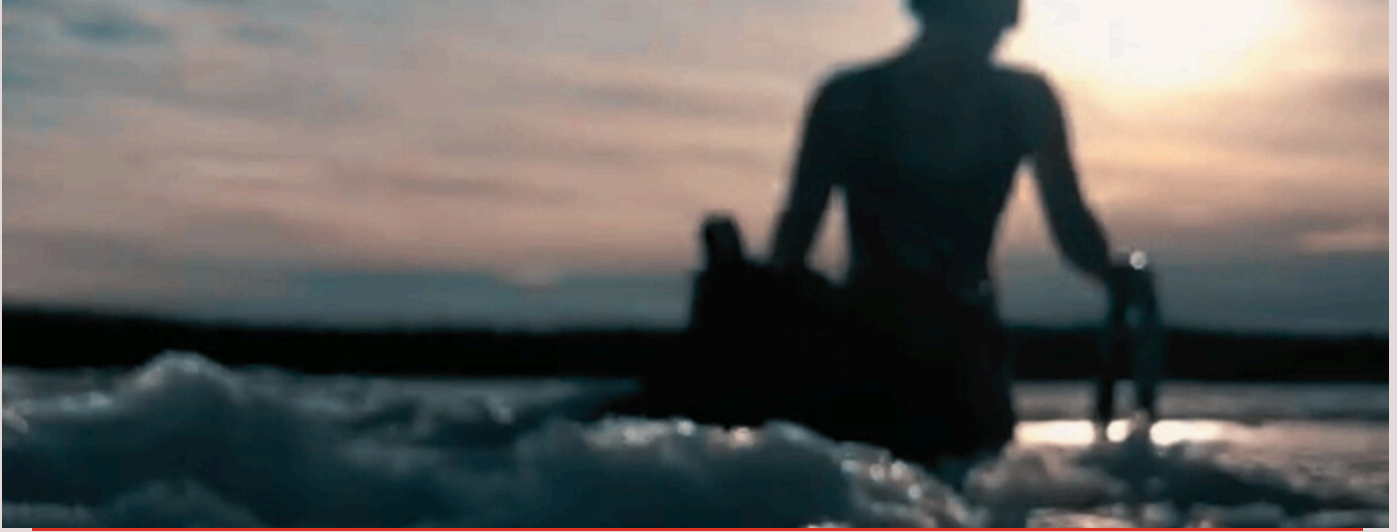
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TEMENOS - THE SPELLBINDING OR MAGIC CIRCLE THAT ACTS AS A "SQUARE SPACE" OR "SAFE SPOT" BETWEEN THE THERAPIST AND CLIENT WHERE HEALING WORK CAN TAKE PLACE

- CARL JUNG



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