This is for those who want to relax and enjoy! We find a quiet spot where we raise our lavuu tent and meet up with our local chakra expert. She will take us through a few breathing exercises and then go on an inner journey to find our energy sources and help us connect and be in touch with our body and nature. A lovely and recharging hour and we leave our moment with a gift of a semi precious stones that our ancestors believed could give us various powers and heal our bodies.