

YOGA RETREAT

Back to the essentials
1 - 6 October

Nothing to hide, nothing to chase, nothing to prove.
Nienke & Elena



RISE & ROOT

A vertical image on the left side of the page showing a close-up of a tree trunk with concentric growth rings, transitioning from dark brown in the center to lighter brown towards the edges.

RETREAT

Introduction

Rise & Root is a six-day international retreat in the Novanta valley that welcomes nature as a metaphor for inner renewal. Through yoga, creativity, mindful cooking, and nature rituals, participants reconnect with themselves and the rhythm of the season.

Back to the essentials – rediscover what truly matters to you and what you want to create. DARE, (DAY)DREAM, and TRANSFORM.

Timeline

GROUND, GROW, BLOOM

Six days of connection, nourishing, rooting and rising. Where we use everything that the valley offers.

01-10 Arriving, landing, and connecting with the group. Planting seeds with intention.

02-10 Nourish your body & soul. Grounding, connecting. Return to yourself in stillness and presence.

03-10 Flow by the river & create. Let the water inspire your hands, your heart, your imagination.

04-10 Reflect, write & celebrate you. Honor your journey and the truths rising within.

05-10 Cacao, dance & shine. Open your heart, move freely, and glow from the inside out.

06-10 Take the energy home. Carry the softness, the strength, and the magic into your life.

RISE & ROOT

Nothing to hide, nothing to chase, nothing to prove.

Nienke & Elena

PROGRAM

The retreat offers a balanced daily schedule with two yoga sessions and a creative activity each day. A balanced program with movement, time in nature, free time and healthy meals.

What a day can look like:

07:00–08:30 Morning practice

Meditation, intention setting, yoga or movement – ending or starting with tea.

08:30–10:00 Breakfast

Healthy and nourishing breakfast buffet (Novanta style).

10:00–13:00 Creative energy

(Silent) walk to (and through) the river. Meditation to arrive. Painting workshop; paint what you feel/hear/see.

13:00–14:30 Lunch

Vegetarian shared lunch (Novanta style).

16:00–17:30 Afternoon practice

Mediation, slow yoga, afternoon activity

19:00–20:30 Dinner

Vegetarian, nourishing, shared dinner (Novanta style).

21:00

Tea (and sometimes evening practice)

RISE & ROOT

Nothing to hide, nothing to chase, nothing to prove.

Nienke & Elena



RISE & ROOT

BACKGROUND

Elena

This valley radiates spirituality, connection, and trust. For me, it has always been a place to come home, learn, grow, and step beyond my comfort zone. I feel a deep urge to share this gift, because this place has so much to offer. Here, I find the freedom to express and connect through both body and soul, knowing that sometimes movement can say what words cannot.



Nothing to hide, nothing to chase, nothing to prove.

Nienke & Elena



RISE & ROOT

BACKGROUND

Nienke

Six years ago, I experienced firsthand the transformative energy of this place. It showed me that life doesn't always need to be in fast forward - slowing down, being in nature, and nourishing yourself can bring profound change. I want participants to feel what the mountain offers and allow themselves to experience transformation, big or small.



Nothing to hide, nothing to chase, nothing to prove.

Nienke & Elena

CO-CREATING

We Collaborate with Local Lightkeepers

During our yoga retreat in the hills of Italy, we consciously choose to connect with the people who call this place home. We believe a retreat truly comes alive when the energy of the land flows together with the wisdom, creativity, and spirit of the local community.

A deeper energetic grounding for our guests

Local makers carry the land's own vibration within them. Their stories and creativity reveal the soul of the region, bringing a deeper resonance to our program, one that gently guides participants toward spiritual homecoming and true presence.

A mutual exchange of light, talent, and intention

For our collaborators, this partnership offers a warm space to share their heartfelt work with an audience open to inspiration and connection. It's a chance to grow, reach new hearts, and let their gifts flourish in a setting rooted in nature and wellbeing.

Together, we weave a retreat that nourishes not only the body but also the soul. A circle of reciprocity where guests and local talents elevate one another in authenticity and gentle openness.

RISE & ROOT

Nothing to hide, nothing to chase, nothing to prove.

Nienke & Elena

E-MAIL
nienke@novanta90.com

PHONE
+316 549 131 88 (Elena)
+316 152 764 53 (Nienke)

ADDRESS
WilleM Hofkerpad 7
2033 SP Haarlem

SOCIAL
Web: novanta90.com/novanta-event/riseroot/
IG: riseandroot_retreats

GET IN TOUCH

Nothing to hide, nothing to chase, nothing to prove.
Nienke & Elena



RISE & ROOT