

NATURE YOUR DESIGN

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An **individual deep-dive** experience into your Human Design, combining nature walks, moments of silence, and integration.

It can **last 1 or 2 days**, with the structure and schedule being created in a **personalized and differentiated way**, according to your BodyGraph.

Throughout the experience, we alternate between **OFF moments** (to feel, observe, and integrate) and **ON moments** (to explore your BodyGraph).

Away from the noise and distractions of everyday life, nature becomes the perfect setting to slow down, gain clarity, and create a deeper connection with yourself.

****Pre-requisite — Foundation Reading***

OPTION OF 1 OR 2 DAYS

***data a ser definida em conjunto**

WHAT IS INCLUDED

- Experience preparation
 - Human Design deepening sessions
 - Individual guided walk
 - Exploration and integration exercises
 - Audio recordings of the sessions and reflections
 - Support materials (PDF)
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Accommodation

Accommodation is not included in the program, allowing you to choose the space that best suits your needs and the type of experience you are looking for. I will be more than happy to help you find a comfortable, peaceful 'nest' that is perfectly aligned with you.

Meals and Snacks

During the hikes, you should bring your own snacks and food for the day.

What to bring

- Comfortable footwear (hiking boots if you have them)
 - Backpack | Sunscreen | Trekking poles (optional) | Cap or Hat
 - Water | Extra change of clothes in case of rain (can be left in the car)
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**An invitation to slow down, gain clarity, and return
to your true nature**

Get a Proposal



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