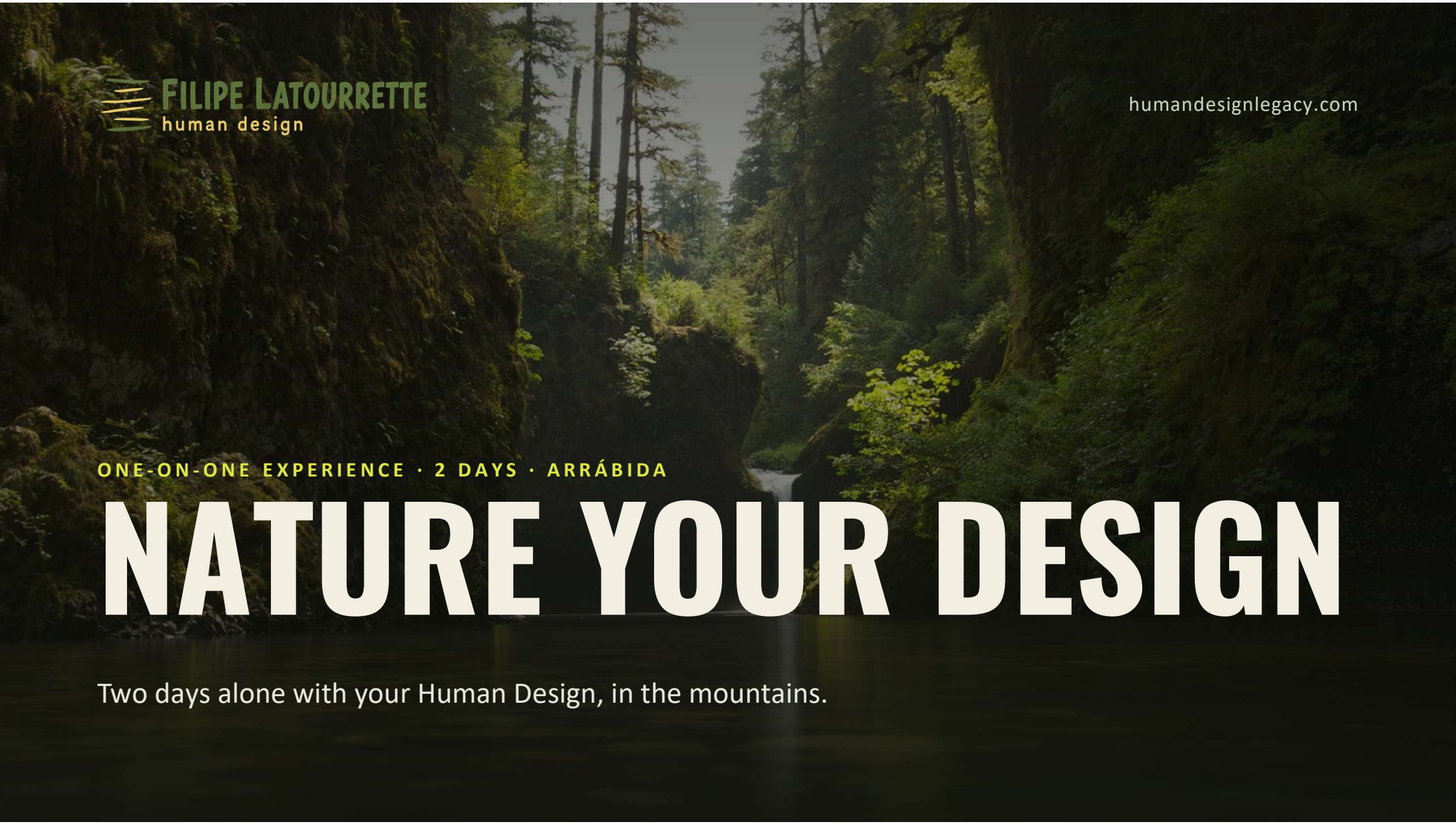

FILIPE LATOURRETTE
human design
humandesignlegacy.com
ONE-ON-ONE EXPERIENCE · 2 DAYS · ARRÁBIDA
NATURE YOUR DESIGN
Two days alone with your Human Design, in the mountains.

THE EXPERIENCE

SLOW DOWN TO HEAR YOUR DESIGN

A one-on-one experience to deepen your Human Design, combining nature trails with moments of silence and integration.

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

The trails are adventurous, with rocky passages and unusual moments, always at your pace and in line with your Inner Authority.

OFF

Feel, observe and integrate.

ON

Explore your Bodygraph.

Prerequisite: Foundation Reading.

ONE-ON-ONE

TWO FULL DAYS DEDICATED TO YOU

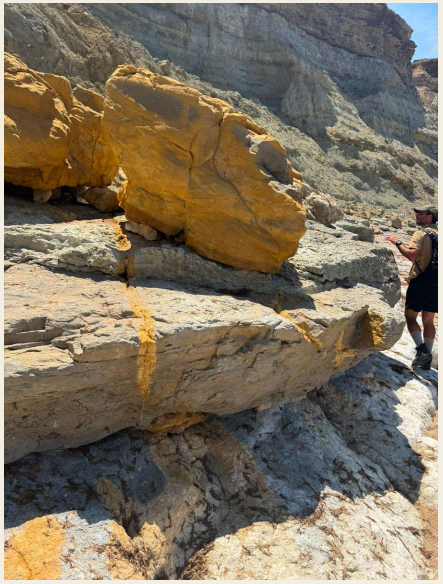
I'm with you from start to finish. The pace, the themes and the silences adjust according to your mechanics.

DAY 1

JURASSIC CLIFFS

9:00	**Breakfast and getting ready for the day**
9:30	**Trail “Jurassic Stones”** Hike, ON/OFF activities, lunch and integration
16:00	**Rebenta Bois Beach**
18:00	**Wrap Up**





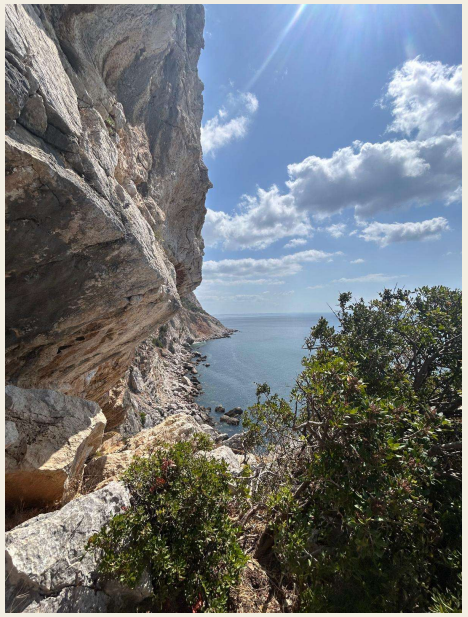


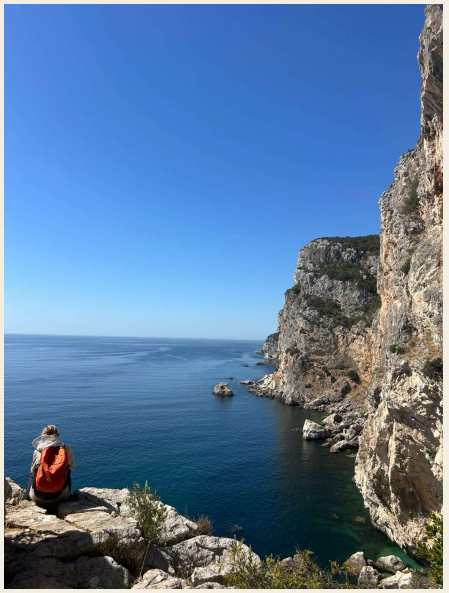
DAY 2

SERRA DA ARRÁBIDA

An adventurous trail among granite boulders, to integrate what was discovered on the first day.

8:30	**Breakfast and getting ready for the day**
9:00	**Trail “Unknown Land”** Hike, ON/OFF activities, lunch and integration
15:00	**Wrap up**
17:30	**Sharing of insights**





INCLUDES

WHAT'S INCLUDED

- Advance preparation for the the experience
- Human Design deep-dive sessions
- Private guided hike
- Exploration and integration exercises
- Audio recordings of the sessions
- Supporting material in PDF

LOGISTICS



ACCOMMODATION

Accommodation is not included: you choose the place that suits you best. I'll help you find a comfortable, peaceful nest aligned with you.

MEALS AND SNACKS

During the hikes, you 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 · a spare change of clothes in case it rains (can stay in the car).

AN INVITATION

SLOW DOWN, GAIN CLARITY AND RETURN TO YOUR NATURE

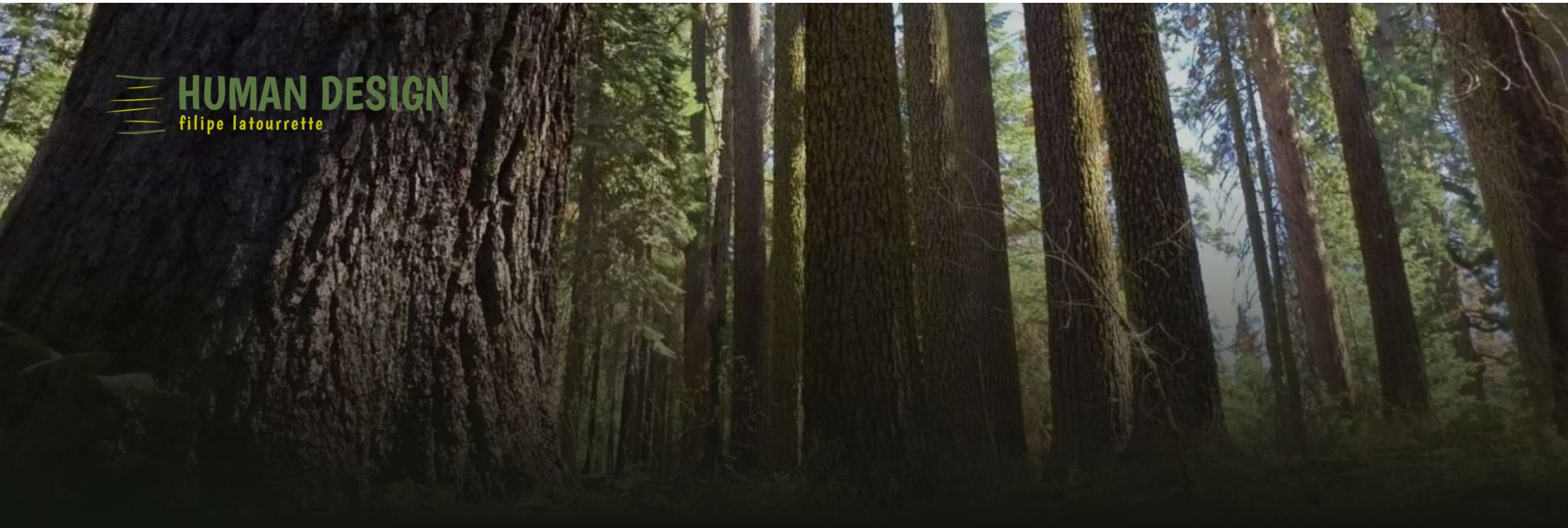
INVESTMENT

2 days **€390**

One-on-one guidance.
Accommodation and meals are not included.

“It feels like I stepped into some kind of portal and the rest of the world went on pause… I need more of this in my life, let’s do it again.”

Dora Rebelo



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