



JENNIFER ANN

More than music



Cacao Academy Retreat - 4-8 Aug, Moon's Farm, Noordwijk

Are you ready to dive deep into.....YOU?!

Welcome to the Cacao journey. A 5-day experience where we blend Ceremony with Creation & Celebration

Day 1: Preparing our own cacao paste for 5 days from scratch, like the ancient Mayan's did.

Day 2: Cacao & Fire ceremony + Breath work + Cacao preparations techniques.

Day 3: More Cacao + Exploring Herbal Medicines (And how to utilize them) direct from the lands.

Day 4: More Cacao! + Voice Liberation.

Day 5: Celebration, Dance, Day of Gratitude and Closing.

You will receive:

- 👁️ 5 days & 4 night at the beautiful venue of [Moon's Farm](#) (4-8 Aug. 2021)
- 👁️ Shared sleeping courters, with private sleeping alcove (Bedstee)
- 👁️ Mainly organic and locally source foods
- 👁️ A batch of your own handmade cacao paste
- 👁️ Tools to work with release, recharge and healing
- 👁️ Teachings on different forms of ceremony
- 👁️ Amazing connection to a (new) tribe

What's cacao?

Cacao is a superfood that is currently making it's way back into society in a ceremony and pure way. Over the years, we have gotten to know the cacao bean in the form of commercial chocolate, but the cacao bean has much more to offer us as a physical and spiritual medicine. During these 5 days, we will explore and experience this concept and side of the cacao.

What's Ceremony?

It's a time where we come together with the spiritual realms for alignment in the present moment. This can be alone or with a group. We set intention to bring us into a state of emptiness, so we can converse with the divine.

We can use different tools and elements to become into this alignment, cacao, fire, breath, meditation etc.

We will use different tools during these 5 days to bring our self into alignment and bring our desires into manifestation.

Who is this for?

This retreat is for men and women:

- 👁️ Who are interested in learning more about the cacao, ceremony & spiritual growth
- 👁️ Who are ready to let go and release old patterns and have faced there fears
- 👁️ Who have done trauma work on them self and can hold them self in group setting
- 👁️ Who comes from a place of love and doesn't hold judgement
- 👁️ Who enjoy natural surrounding and great organic foods
- 👁️ Who love to connect to oneself and a like-minded tribe
- 👁️ Who are open and ready to become the best version of them self

*Please note this is not for you if you cope with severe anxiety or mental issues and or having trouble working in groups
We would suggest a more private setting in that case.

**After the registration we will have an intake with all participants. Only after successful completion you spot is final.

✉ Bookings: jenniferannsings@gmail.com

www.jenniferannsings.com

☎ +31 6 246 737 61