

EL CAMINO DE SANTIAGO

SOMATIC AND SOUL PILGRIMAGE
“WALKING THROUGHOUT LIFE”

A person wearing a backpack and a hat is walking away from the camera on a dirt path. The path leads towards a vast, hazy landscape under a blue sky. In the foreground, on the right, there is a stone marker with a blue shell symbol painted on it. The overall scene is serene and evocative of a pilgrimage.

with Dr. Valerie Nkamgang Bemo
and Bibiana Badenes

DATES **June 2nd** to **June 9th, 2024**

What exactly is the “Camino”?

One of the greatest cultural itineraries in Europe, offering a rich variety of landscapes, traditions, languages, cuisines, etc.

Pilgrimage is a practice that favors personal reflection, deep connection with oneself and intimate truth. Leaving behind the environment and habitual activities, plus the activation of the body, favor the focus of attention in the here and now, in bodily sensations and emotions. The movement of the march and the contact with the nature help to calm the mind so that the walker acquires a greater clarity of itself and its internal processes. This helps going deep inward finding our life purpose and your deepest wisdom. It is for these reasons that the Way is an ideal experience to meditate on movement while reflecting on your life and who you want to be. This is a Mind-Body- Soul life journey to experience.

We will spend a week together experiencing and sharing all the connotations of what walking means. Walking is the most characteristic movement of human beings. The way each of us walks reveals the unique and unique integration of neuromuscular patterns. The way of walking of each one reflects the qualities of our whole body and our whole being.

Our journey along the Camino will be our theme and classroom. We will explore experiential dynamics based on the consciousness of walking, and the language of movement and expression and what walking in our life experience means. Each day, after individual reflection, we will gather together to share, learn and receive.

Since we will also be pilgrims on this auspicious route, there will be opportunities to reflect on our progress along our personal and professional paths in life, as well as time to enjoy gastronomy, history, wine, and our coexistence.

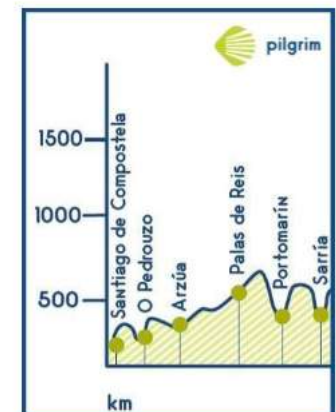
At the end of the journey, we hope that you will leave inspired, transformed and full of tools to apply in your day-to-day life; ready for the next part of your life. You will go back healed, restored, refreshed, and reflect that new and bright light to the world around you.

The size of the group is limited and this special event is expected to fill quickly. Do not miss this unique opportunity in life for an extraordinary trip with Dr. Valerie Nkamgang Bemo and Bibiana Badenes.

THE LAST KMS FROM SARRIA TO SANTIAGO DE COMPOSTELA

We recommend that you arrive in Madrid one day before to rest

- 1) Meeting in Madrid and Drive to Arrive in Sarria altogether and overnight.
- 2) Sarria - Portomarín Stage 22 km and overnight.
- 3) Portomarín - Palas de Rei Stage 24 km and overnight.
- 4) Palas de Rei - Melide Stage 14 km and overnight.
- 5) Melide - Arzúa Stage 15 Km and overnight.
- 6) Arzúa - Rúa Stage 19 km and overnight.
- 7) Rúa - Santiago de Compostela Stage 21 km and overnight.
- 8) After the breakfast, departure.



SERVICES

INCLUDED SERVICES

- 07 accommodation nights. (Taxes are included)
- 07 Tee Travel breakfast
- 07 dinners, Dinners consist on a menu (3-course) with water and wine (sometimes the dinner can take place at a local restaurant (If there are any food intolerance or food preferences should be said when booking the trip).
- Luggage transport (1 piece per person – Max. 20 kg and small carry on)
- English Escort Guide during the stages
- 24-hour emergency phone assistance
- Maps & Pilgrim Passports
- Teaching by Dr. Valerie Nkamgang Bemo and Bibiana Badenes
- Written Booklet of Body Intelligence exercises for el Camino.

OBSERVATIONS

Your place will be reserved only when you make a deposit of € 200 non-refundable, if you cancel at any time, this amount it is nonrefundable.

If you have any food allergies, and special dietary conditions we need to know at least 1 month before.

SERVICES NOT INCLUDED

- Daily picnics but also we can arrange this, for a small daily fee and you can pay at the local hotel about per day ad person.
- International flights and other transportation that it is not included.
- Other services not specified in “The price includes”.
- Return from Santiago to place of origin but we can arrange this.
- Package of selfcare material by Bibiana Badenes if needed 60€.

Contact us so you can make the payments.

Bibiana Badenes.

TELEPHONE **+34 609 54 40 43**

MAIL **bibianabadenes@me.com**

A photograph of hiking gear in a forest. A teal and navy blue backpack with a white scallop shell charm hangs from a tree trunk. A silver water bottle is in a side pocket. Two black trekking poles with blue accents lean against the tree. A pair of brown hiking boots sits on the grass. The background is a blurred forest with green and yellow foliage.

Looking forward
to walking with you

Dr. Valerie Nkamgang Bemo
and Bibiana Badenes