



**Winter Solstice Retreat**

# **Return of the Sun**

**Elif & Vardha**



# Return of the Sun - Winter Solstice Retreat

As the year draws to its quietest moment, join Elif and Vardha for an immersive experience alongside the powerful and meaningful return of the sun. In this special season, nature shows us how to balance light and dark, rest and renewal.

In many cultures, this season is a time of deep transformation—a bridge between endings and beginnings, a quiet invitation to release what no longer serves and embrace what lies ahead with openness and intention.

Over these days together, we'll gather in the spirit of the year's turning, using meditation, shamanic practices, breathwork, energy work, rituals, creative practices to ground ourselves in the present, integrate the past year's lessons, and open ourselves to the new and welcome the sun's journey back toward light.

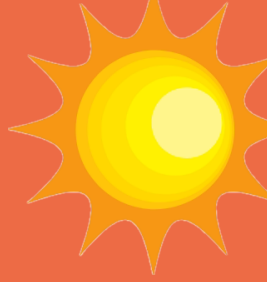
Join us for this transformative experience, where you will reconnect with your inner strength, embrace a season of possibility, and step confidently toward the light that awaits.



# Various Methods from different Traditions



The mentioned methods are subject to change, depending on situation and group dynamics.



## Meet your facilitators:



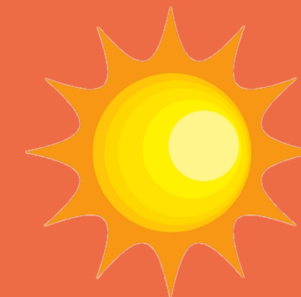
**Elif**

Elif is a dedicated guide on the path of the Heart and creativity. Her journey began with a quest for freedom. After earning a degree in Fine Arts, she moved to New York (1998-2009), where she embraced Osho's teachings, Kundalini Yoga, and meditation, reconnecting with her true self.

In 2006, Elif completed a three-year program at the BlueStone Institute for Healing Arts. From 2013 to 2019, she apprenticed with Patricia White Buffalo, deepening her understanding of Mother Earth spirituality. In May 2024, she completed Dr. Gabor Maté's Compassionate Inquiry® psychotherapy training.

Elif created Sacred Seven, a healing program inspired by native practices, integrating shamanic work, nature spirituality, and therapeutic methods to help individuals realize their true purpose.

For nearly 20 years, Elif has guided others through the Sacred Seven Medicine Wheel, believing:  
"Every human being can realize their dream and mission."



## Meet your facilitators:



**Vardha**

Since 2002, Vardha has dedicated himself to meditation and self-exploration. Over time, he explored various meditation traditions, awareness practices and breathwork techniques and got educated as a trauma-informed therapist.

His work centers on Meditation and Self Inquiry, grounded in the belief that wisdom lies within each of us, requiring no external validation for self-realisation. Vardha's core offerings include Koan practice, Awareness Intensive Retreats, and "The Work" of Byron Katie.

He is a licensed Heilpraktiker für Psychotherapie (Healing Practitioner Psychotherapy), Somatic Experiencing Practitioner, and NARM Practitioner, with further certifications in Hypnotherapy, NLP, Systemic Coaching, various breathwork modalities and much more.

Working from Türkiye and Germany, he facilitates transformative experiences worldwide for individuals, groups, and organisations.

# **Benefits of the retreat during this auspicious time, when with the darkest night the Sun starts to return...**



- Experiencing personal transformation and renewal
- Acknowledging and integrating past experiences
- Reconnecting with inner strength and stepping forward confidently
- Embracing new beginnings with more hope and positivity
- Finding more balance between light and dark, rest and activity
- Cultivating presence and self awareness
- Gaining emotional clarity
- Reflecting and gaining deeper self-awareness
- Expressing more creatively and ignite inspiration
- Deepening the connection to nature's rhythms
- Building meaningful connections and a sense of belonging

# Further Practicalities



## Agenda:

19-December 14:00 to about 21:30

20-21 December 7:00 to about 21:30

22 December 7:00 to 12:00 and final lunch after

Breaks in between with time to rest and reflect

Retreat Fee 7500TL - not including accommodation, which has to be booked directly and separately at Yenice Vadi. With booking your room you are registered for the retreat,

[info@maaile.org](mailto:info@maaile.org)

Before the retreat you will receive further details and a What-to-bring-List