

Stepping into Spring with Reiki and Creativity

MAY OUR HEARTS OPEN WITH THE SPRING

12 - 14 MARCH 2027 · THE LAND OF NOW (NL)



Dear friends,

From **12 to 14 March 2027**, Reiki Master Mel Hoffstead and I warmly invite you to a three-day Reiki retreat at **The Land of Now**, a peaceful retreat centre surrounded by nature near Groningen, in the north of the Netherlands. Will you join us in welcoming the spring?

This weekend is for everyone who has been initiated in Reiki and feels ready to dive into spring with us: to wake up together with nature, to share Reiki, and to make room for something new to emerge, just like the green shoots breaking through the earth.

*“Green shoots break the earth,
Warm sun wakes the sleeping ground,
Life begins anew.”*

MATSUO BASHO

THE PROGRAMME

Reiki as the pulse, creativity as the flow

Reiki will be the heartbeat of our weekend. Mel weaves it together with creativity in the broadest sense of the word: **stories, poetry, dance, art and time in nature**. There is no fixed recipe. We go with the flow and leave room for whatever wants to unfold, for stillness, for play, and for many beautiful encounters.



Mel Hoffstead

Mel has been a Reiki Master for almost 37 years, in the Usui Shiki Ryoho tradition, and is based in London. She has a background as a drama teacher, social worker and drama therapist. In her workshops she brings together the simplicity of Reiki practice and the joy of creative expression, always in a relaxed, warm and supportive way.

HOW THE WEEKEND UNFOLDS

Arrive, land, and let it grow

Thursday EVENING OPTIONAL

Would you like to arrive the evening before? Come and land in peace, enjoy a quiet night and have Friday morning all to yourself. **Extra night incl. breakfast € 99.**

Friday

FROM 12.30

We welcome you with lunch at 12.30. The afternoon is yours to settle in: exchange Reiki with each other, wander into the surrounding nature, or simply rest. After dinner, Mel opens our weekend with an **opening ceremony**.

Saturday

ALL DAY

A full day of Reiki and creativity, indoors and outdoors, with plenty of space to share, to create and to be still.

Sunday

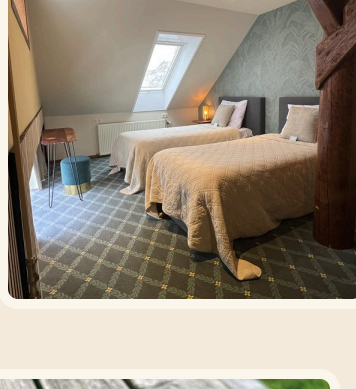
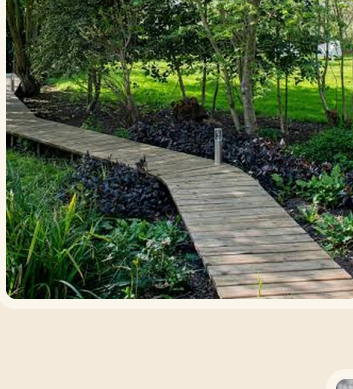
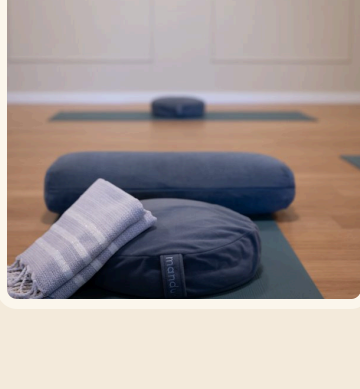
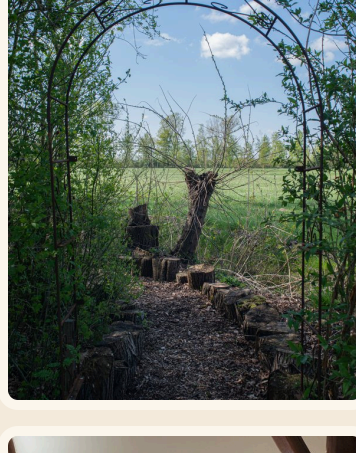
UNTIL 15.00

A last morning of Reiki and creativity. After lunch we come together for a **closing ceremony** to round off our weekend, and say goodbye around 3 PM with an open heart, ready for spring.

THE LOCATION

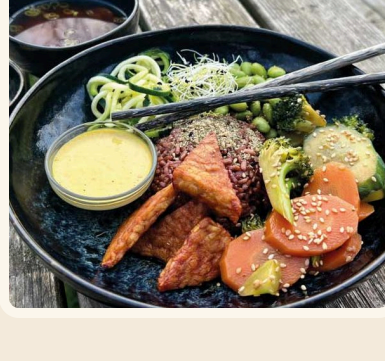
A place to come home to

The Land of Now is a lovingly renovated farmhouse retreat centre with a large garden, winding paths and open fields all around. We will have the whole place to ourselves. Our practice room is light and spacious, and you sleep in cosy rooms under old wooden beams.



Nourished in every way

The kitchen spoils us with sustainable, home-cooked vegetarian meals, gluten-free and lactose-free. Tea, coffee and something sweet are always within reach. And for extra relaxation, there is a **sauna** you can use for an additional fee.



GETTING THERE

Easy to reach, far from the rush

Siddeburen lies in the open countryside east of Groningen, and the journey there is already the start of something new.



By train & bus

Take the train to Groningen Central Station, then **bus 178** to the stop **Veenweg in Hellum**, where we can pick you up.



By plane

There are **direct flights from London and Copenhagen** to Groningen Airport Eelde. Or fly to Bremen and take the Flixbus to Groningen.



By car

You can park your own car at The Land of Now, and there are facilities to charge an electric car.

Directions and travel details: thelandofnow.com

PRACTICAL INFORMATION

PRIVATE ROOM

€ 695

SHARED TWIN ROOM

€ 595

EXTRA THURSDAY NIGHT

€ 99

incl. breakfast

- ✓ Including all meals, two nights and the full programme
- ✓ Open to everyone who has been initiated in Reiki
- ✓ **Private rooms are limited**, so book soon to be sure of a room of your own
- ✓ Do you have a **Reiki table**? We would love it if you could bring it along. Please let us know when you register
- ✓ Sauna available for an additional fee

We would love to share this spring weekend with you. Reserve your place with the button below, or contact Noor at info@hetbewoondehuis.nl or **+31 6 24547788**.

RESERVE YOUR PLACE

With warm wishes,

Noor & Mel