

TRANSFORM
YOUR TRAUMAS
INTO
EMPOWERMENT

VIKTOR & CARIEN



Viktor & Carien

Traumas can manifest as emotional, psychological, or even physical blockages that hinder our ability to move forward in life. Unprocessed emotions, such as fear, anger, or grief, can become stored in our subconscious. These lingering emotions (or memories) may resurface unexpectedly, overwhelming us and preventing us from fully engaging in the present moment.

Some emotions and memories are buried so deep in our subconscious that we can't easily identify them. Astrology serves as a powerful tool to reveal what may be hidden from our conscious awareness. Once uncovered, the healing process begins!



OUR AIM

“Retreat” means to remove oneself from daily routines, hassles, habits, and the limitations one may have imposed on oneself. It provides time to connect with oneself through knowledge, physical practices, and a space to awaken to one's own truth.

02/12





In this retreat, you'll immerse yourself in a perfect fusion of yoga, meditation, and body movement to complement your Astrology learning and self-discovery.

Just like the name suggests - "Transform Your Traumas into Empowerment," you will need resources to help you process, reflect, and delve within. Yoga, movement, and meditation serve as perfect tools to help shed the old and make space for the new, enabling you to reclaim your power and move forward with strength.

As the retreat unfolds, Viktor will guide you through a Family Constellation session, unveiling the influential roles played by your family and childhood in shaping your adulthood.

This is more than just an astrology retreat; it's a profound journey filled with an understanding of the root causes, a deep dive into your inner self, and a path to healing!

WHAT TO
EXPECT?

03/12



Date: June 17 - 23

Venue: Château de Montcuquet, Lautrec, France

Accommodation and food: all inclusive

Cost: 1,500 Euros

- 1.Meals are based on a vegetarian menu. If you have special dietary needs, please inform us in advance.
- 2.You can expect yoga, meditation, and movement throughout the retreat, except on arrival and departure days.
- 3.Daily Astrology sessions will run for 3 to 5 hours.
- 4.Accommodation will be in shared double rooms
- 5.Bathrooms will be shared with rooms located on the same floor.
- 6.There will be an excursion on day 5 afternoon to the local medieval village of Lautrec (the schedule might change depending on the weather).
7. Yoga mats, blocks, and bicycles are available during the retreat

WHAT TO
EXPECT?

04/12

by Viktor



ASTROLOGY CONTENT

01 Saturn's house position - Saturn is often associated with themes of discipline, responsibility, structure, limitations, and lessons. The house placement in a natal chart indicates the specific area of life where these themes are likely to manifest.

02 Saturn's sign position - it is considered significant and is believed to influence the person's challenges and the areas where karmas reside.

03 Moon's position - to understand your moods and deepest needs on an emotional level.

The lessons may vary depending on group dynamics and energy.



by Viktor



ASTROLOGY CONTENT

04

Saturn's aspects with other planets - this involves the dynamic between Saturn and other planets, shaping obstacles or opportunities in your life path.

05

Ceres' position - to understand where you lacked nourishment in early childhood and where you can generate it for yourself in your adulthood. This also provides insights into areas of life where these nurturing qualities are expressed or sought.

06

Explore Quincunx - quincunx is 150 degree aspect that often appears in the chart that need healing or we had traumatic experiences with.





Meet the teacher



ABOUT VIKTOR

Viktor Simon is an inspiring astrologer, with a rapid growing international reputation. He blends modern, traditional and ancient methods in a unique way, achieving powerfully accurate results.

Viktor is recognised as a gifted teacher. He has a enthusiastic and devoted community of students worldwide which includes aspiring astrologers and experienced professionals.



Meet the teacher



ABOUT CARIEN

Carien, a seasoned and well-traveled light worker, has been sharing her expertise as a Yoga Teacher for the past 15 years. Beyond her role as a Yoga Teacher, she is also an Inner Dance Facilitator, Astrologer, and Body Worker, impacting people globally. Her mission is to guide individuals in connecting with their inner wisdom and power, supporting them on their personal journeys through the tools and techniques she has developed over time.

In addition to these roles, she serves as an astrologer on AstroLada's website and YouTube channel, with her videos popping up from time to time.

Currently working towards becoming a teacher trainer for Kundalini Yoga, Carien is recognized for her integrity, dedication to service, and her ability to create lasting positive results. Her commitment is to spread light and positivity wherever her journey takes her.



Getting There



The Château host will be able to pick you up from “Castres” Train station. Please let us know when you’re arriving so we can schedule ahead.

Flying

Castres Mazamet airport (DCM) - Paris

The nearest airport is conveniently 20 minutes away by car - Castres Mazamet, daily flights from Paris Orly, typically leave and return 3 times per day.

Toulouse Blagnac airport (TLS)

Located just over 1 hour from the Chateau is Toulouse Blagnac airport

Direct flights from UK airports - London Heathrow/Gatwick/Stansted, Bristol, Birmingham, Manchester and Edinburgh

Many other cities have direct flights including - Dublin, Amsterdam, Madrid, Lisbon, Frankfurt and Brussels

Carcassonne airport (CCF)

This nearby airport is just under 1hr 20minutes from the chateau by road, regular direct flights from London Stansted, Manchester, Brussels, Dublin, and Porto on budget airlines make this a great option.



Getting There



Trains

The best way to arrive by train is from Toulouse Matabiau train station. A bus leaves the airport every 20 mins (9.00 euro) it takes around 30 minutes to the train station.

Regular trains depart to Castres from fares as low as 10.00 euro one way and takes between 1hr - 1.5hr.



CHÂTEAU DE MONTCUQUET



Chateau



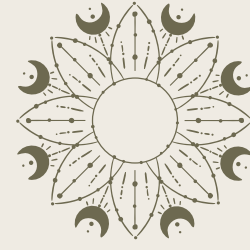
Yoga Space



Teaching Room



Shared Bedroom



JOIN OUR

HOLISTIC EXPERIENCE
THAT TRANSFORMS
BLOCKAGES INTO
OPPORTUNITIES!!