



Essencia Eco Conscious Community

Holistic Retreats & Healing Center



Project Essencia

The dream place

The intention, vision & mission

The investment opportunity

Finance summary

Lifestyle and Gouvernance

12 petals of activities

The Hive

Eco Conscious co-Living

Permaculture

LowTech High Vibes eco construction

Happy Kids Space

Healing Center

Events & Magic

NomadShala Retreats

Inner Peace work

VGTable

KarmaYogi volunteers program

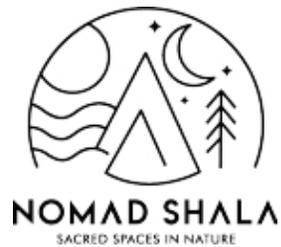
Meditation programs

Artists residency

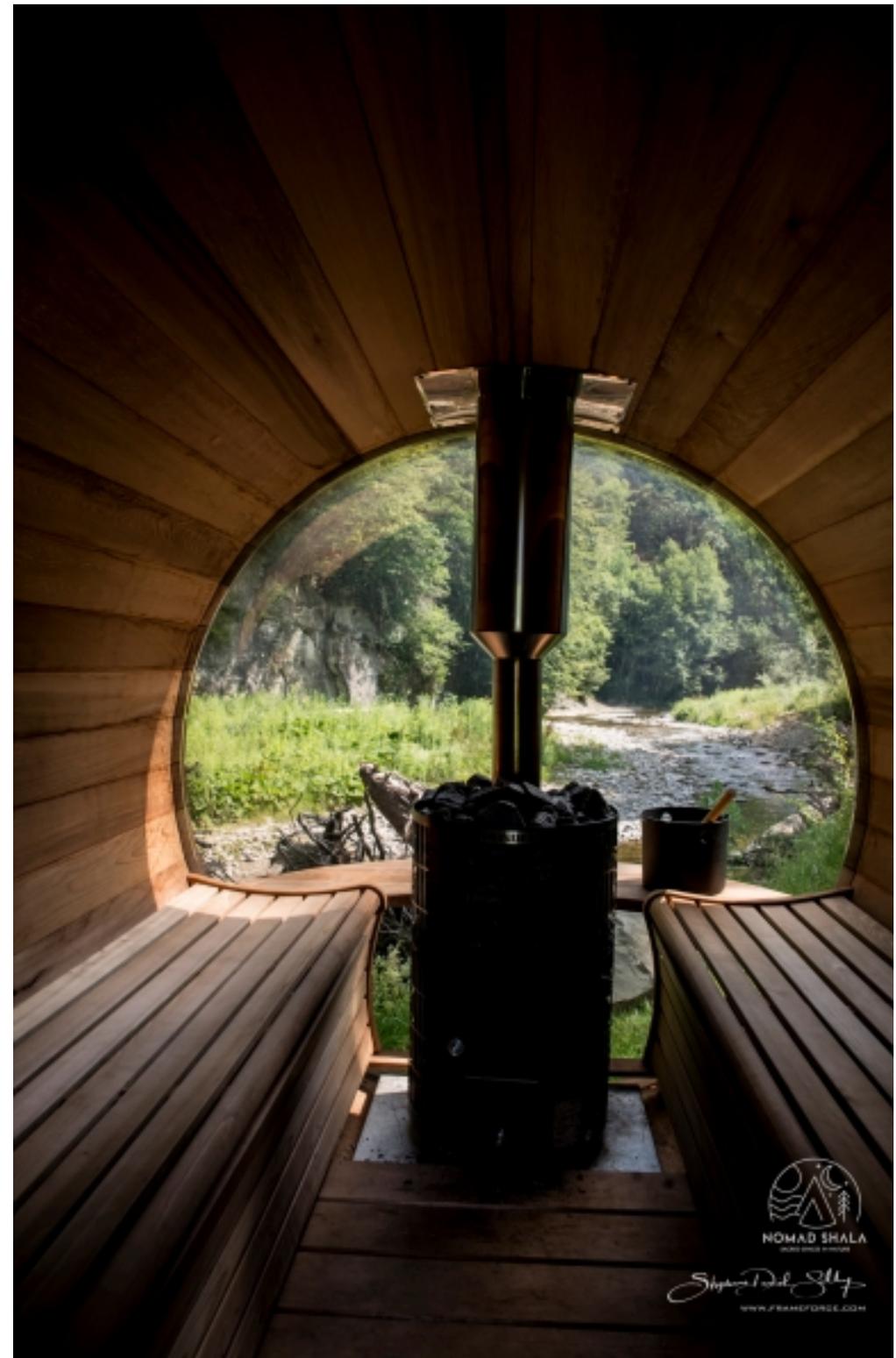
A Wonder-Founders team

About NomadShala journey

After 2 years of glamping
in natural reserves in Switzerland



We have found
the perfect land to settle
in Southern Portugal
and co-create an inspiring
conscious community
with like minded people to
celebrate Life, live in Peace
and bloom into
our highest potential



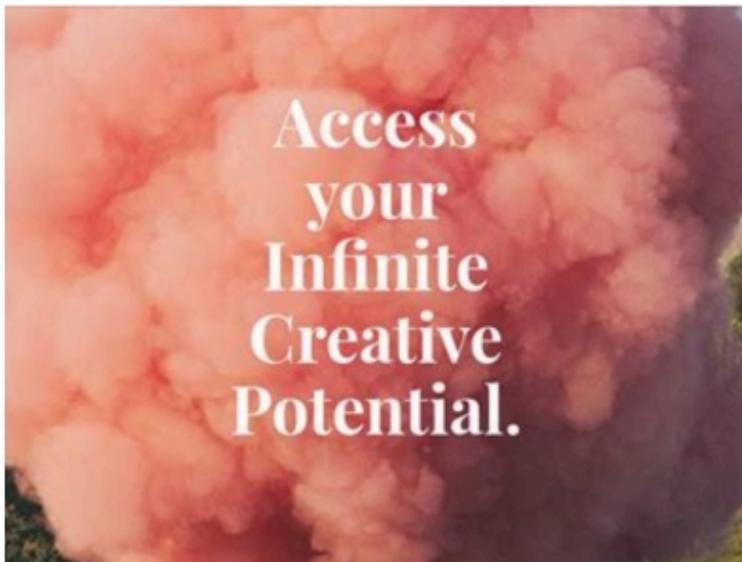
2021

Bem vindo

**Dream
Project
Essencia
Aljezur
Algarve
Portugal**



A project about integrative ecology from
Human ecology and inner work
through co-existing with Nature in harmony
to Peace on the New Earth



BODY ° MIND ° SOUL
PURIFICATION
LIBERATION &
ALIGNMENT
for optimal health
full potential
& self-realization

Pranic ♥ Yogic ♥ Tantric ♥ Ecstatic

We felt the call
To co-create a new safe and sacred space
We flowed South to the magnificent coasts of Portugal
Where the Earth is rich and peaceful
The Ocean heart-opening and cleansing
The Sun steady and embracing
The Air clean and rejuvenating
The People slow and sweet
Where conscious folk s are gathering
And new paradigm communities blooming
Our steps were guided to a land called Essencia

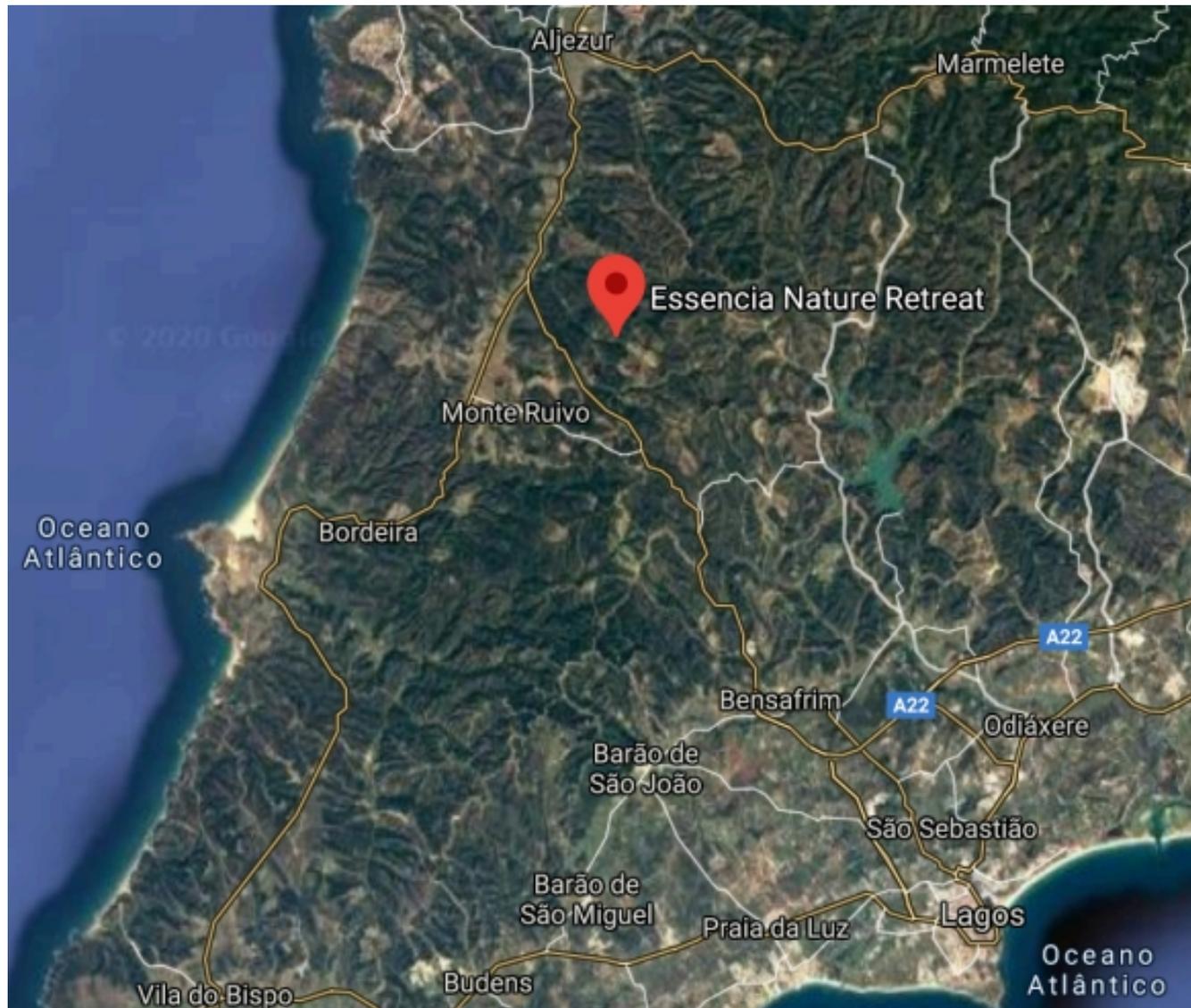
Bienvenue





a very sweet spot

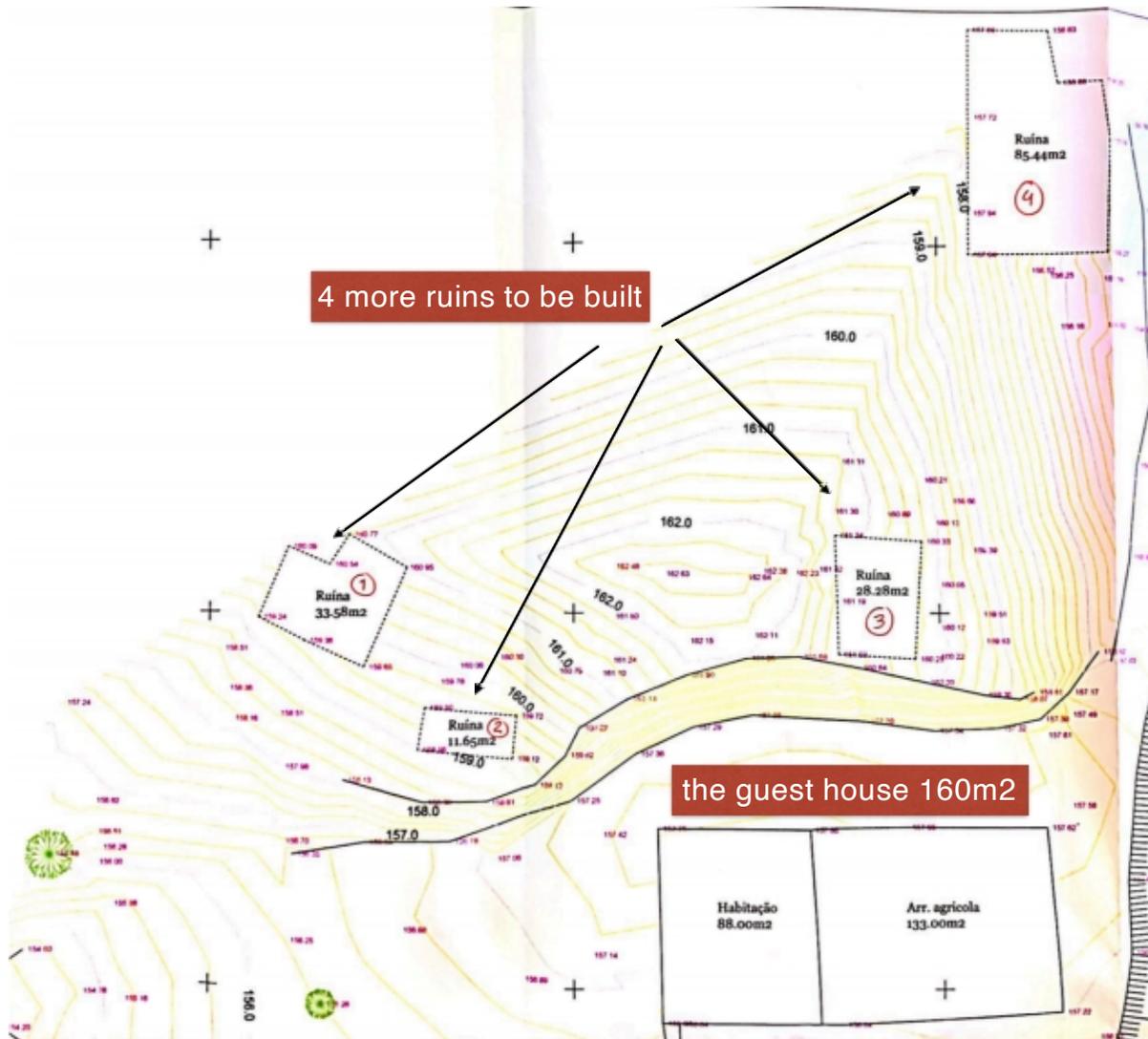
With access to the stunning West (15') and family friendly East coasts (30')





welcome home
20ha of luscious native forest, fertile hills, a small river and a lake





4 more ruins to be built

1 small wood house on stilts

the guest house 160m2

Ruina 33.58m2

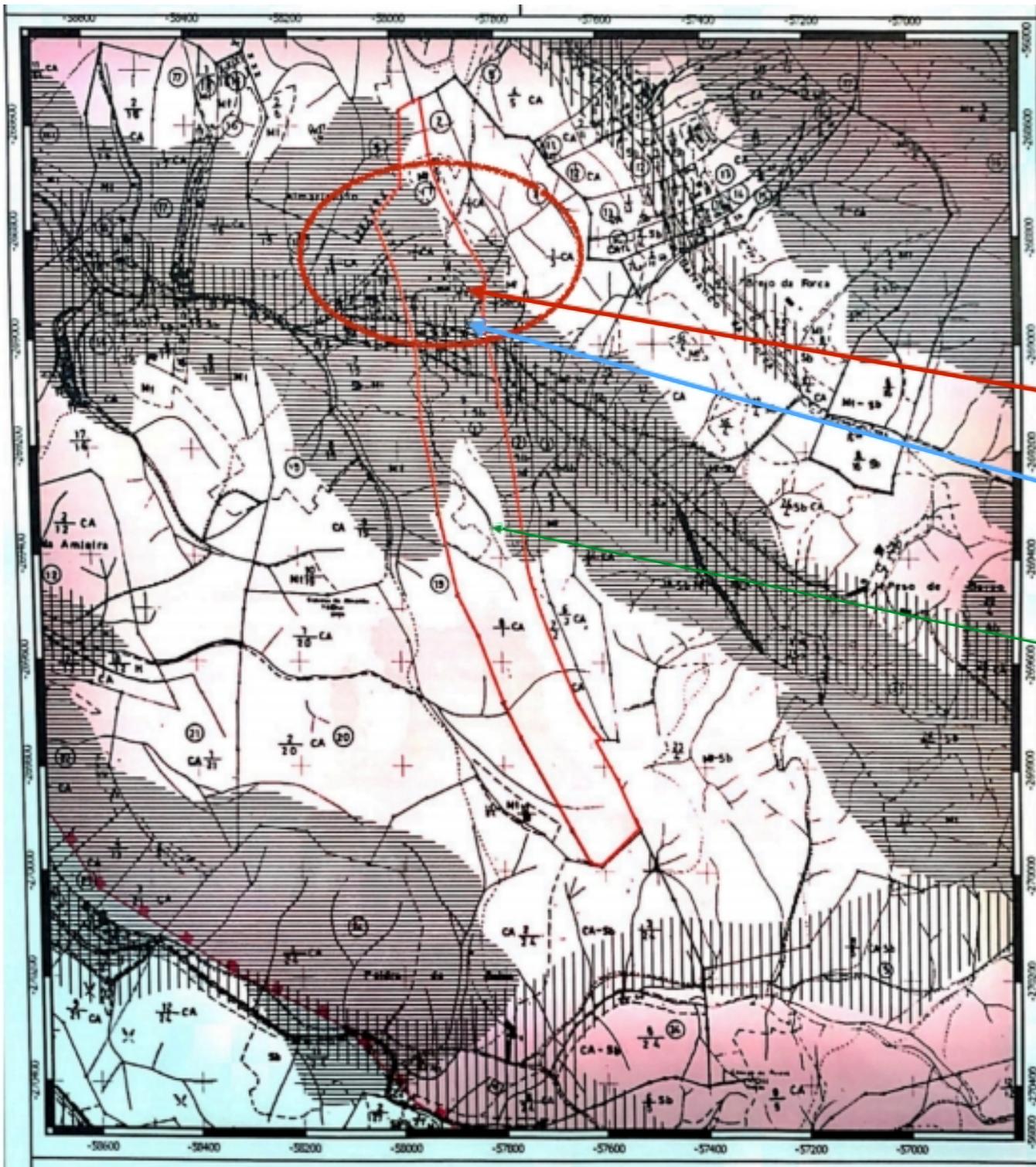
Ruina 11.65m2

Ruina 28.28m2

Ruina 85.44m2

Habitação 88.00m2

Arr. agrícola 133.00m2



guest house

river, perma,
shala

nomadshala











high quality finishings













Our main
water
reserve
filled by
the river
6.5m deep

...and
yes **we can**
swim ;)









PURPOSE is *Why we show up !*

We believe in slow conscious life in nature

For us and our children to blossom

To restore peace, live in harmony,
natural bliss and loving kindness



VISION is Where we want to be !

A world of unity,

Remembrance and reliance A
holy nest where people share

sing, dance and laugh

where we live our optimal health,
experience our full potential
and paradise on earth



MISSION *is What we do about it !*

Create a safe, heart-aligned and sacred space in nature
where we can purify, regenerate and grow joyfully

An experience designed to enable

Integrity and consciousness expansion,

From self-responsibility and mastery to freedom

A place with activities and a supportive environment

To discover and become who I am

Come in my power and fulfill my personal mission on Earth

For my highest good and the highest good of all.

We develop an eco community with 22 residents plus

guests who come to rest, heal, learn and love

Golden Agreements for Harmony & Peace
is How we cultivate a healing environment

Radical Honesty

fluid sincere communication between people is encouraged
as an essential part of the healing and self realization process
everything can be said...

Benevolent Communication

...in the right manner

High on Life

0 substance, good practices, ecstatic life
with gratitude we aim for our optimal health and full potential

Ahimsa

for peace and harmony within and without
we celebrate consciously
no harming, pro-life behaviours and materials
we grow, support and eat organic
plant-based foods as medicine

Glorify your Space

You are here and now. Make it sacred, beautiful and cosy

Radical Self-expression

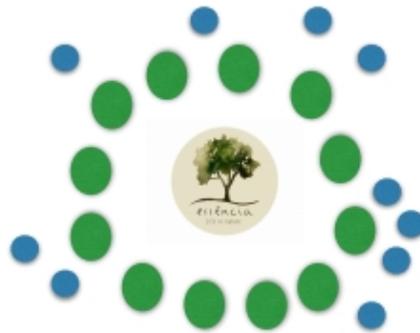
We encourage each other in being what we are,
authentic, vulnerable and great

The Heart Path

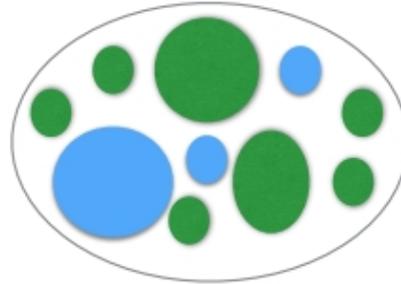
I choose Love at every breath

Ownership

I take responsibility for my talking, acting, emotions, thoughts, commitment
I know I cocreate my reality. I am doing the Work on all levels.



Intentional
Cooperative
Community
with distributed
gouvernance
+ guests

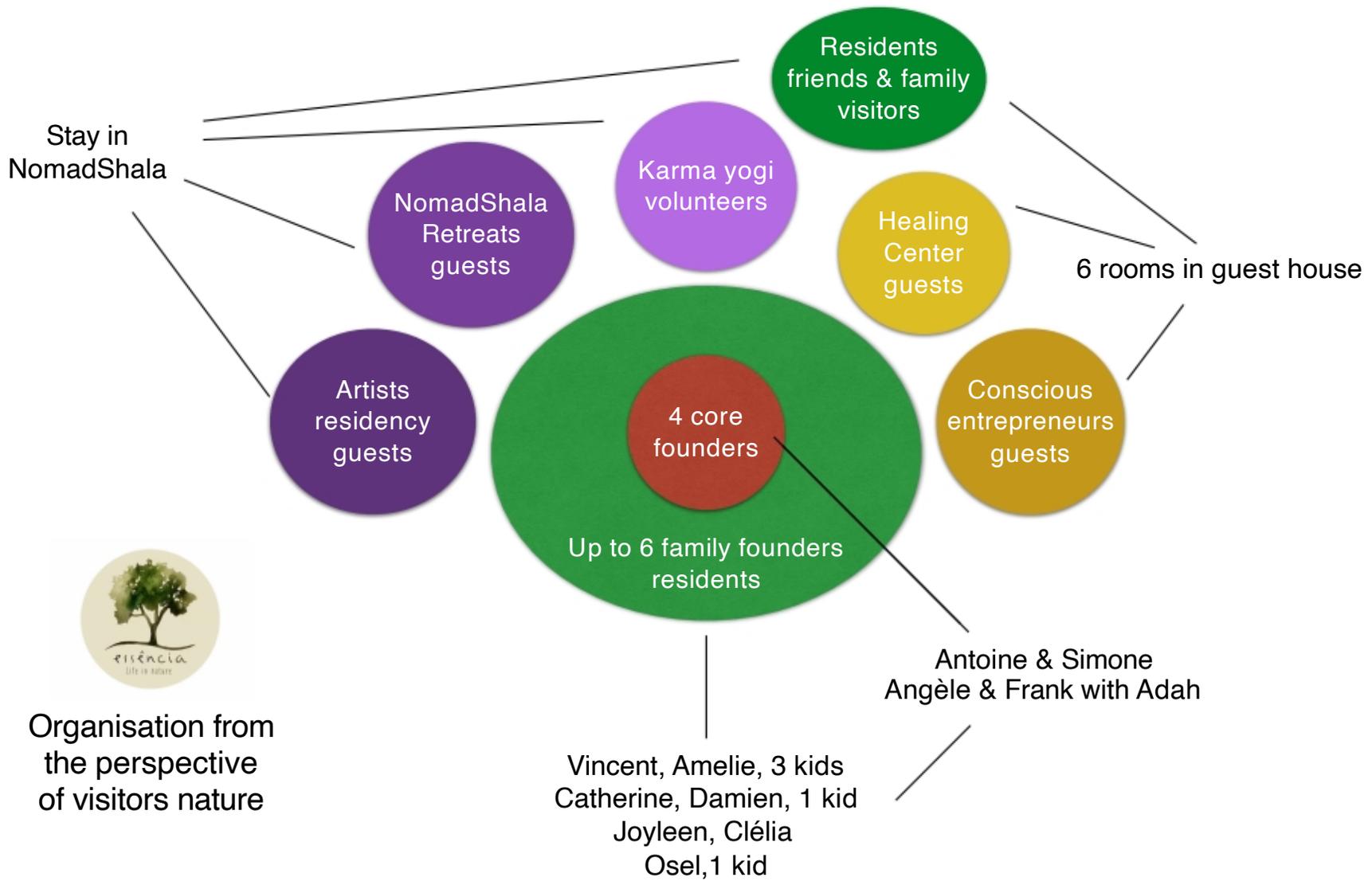


Owners
Founders
+ external investors



Founders





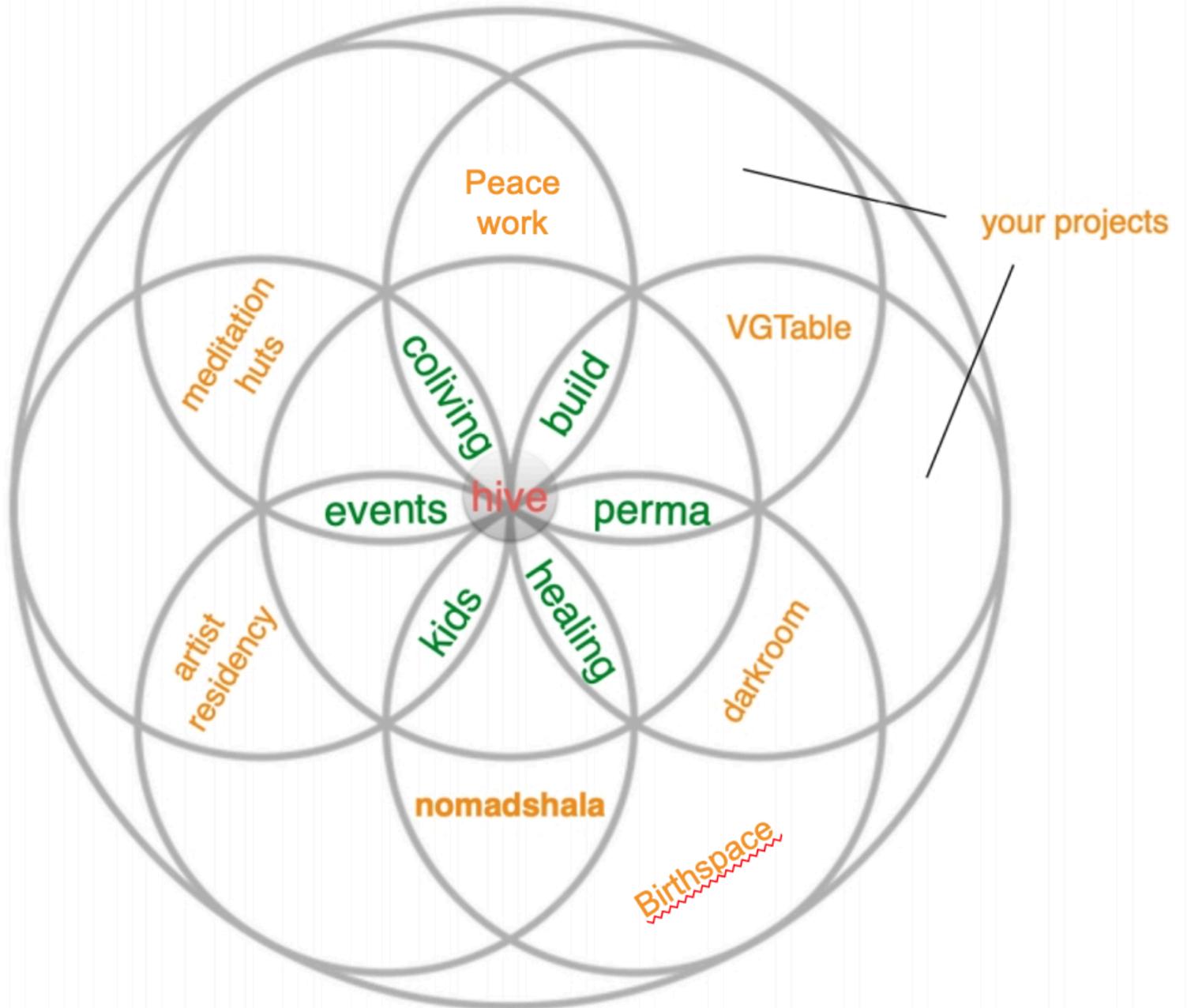


Organisation from the perspective of synergetic petals of activities

Central vital community function petals
2021 focus

Envisioned potential projects

We start small
Grow organically
listening to what the Land is calling for



Gouvernance 4 core co-founders are the guardians of the Intention and Vision
The 6 founders families are the guardians of the Mission and Values
The HIVE is the central operations coordination and budget office

We get together to grow together

1 Creative Meeting per month per petals with petal members and curious
To discuss operations of ongoing and new projects and financial results and needs

1 Harmony gathering per week for whole community
To discuss the modus operandi and share how we feel, what works, what doesn't work for oneself and how we can keep cocreating the space, field, her values and ways

1 New Moon Intentions Sharing Circle per month
To share how we are moving, our processes of the past month
regarding our personal intentions and setting the new ones for the coming month
So we can create a supportive environment for everyone to become the best version of oneself, discover, embrace and fulfill her his mission



Investment

Purchase of the land and property :	€1'135'000
Legal Advices & Taxes :	€ 85'000
Project management :	€ 44'000
TOTAL	€1'264'000

A property at a fair price and good potential

External expert valorization

Alfred

Estudos de Mercado



Essencia Nature Retreat, 8670-130 Aljezur, Portugal

Aljezur, ALJEZUR, Portugal

Imóvel residencial | Moradia | T6 | 315 m²

Última atualização: 2021-01-20

Comentários:

Sem comentários.

Valores estimados:

1 263 051 €

4 009 €/m²

Valor mínimo

Valor máximo

995 131 €

1 530 971 €

3 159 €/m²

4 800 €/m²

Detalhes do Imóvel

Tipo de imóvel:	Moradia	Varanda:	SIM
Condição:	Novo	Vidros duplos:	SIM
Certificado energético:	A	Cozinha equipada:	SIM
Tipologia:	T6	Jardim:	SIM
Ano de construção:	2019	Exposição solar:	SIM
Casas de banho:	7	Dispensa:	SIM
Área de terreno:	197477 m ²	Estacionamento:	SIM
Área útil:	315 m ²	Terraço:	SIM
Área bruta privativa:	315 m ²		

Dados de Mercado

Imóveis semelhantes listados na vizinhança por segmento de preço



Preços de imóveis semelhantes listados na vizinhança vs. área



90% do imóveis na vizinhança têm áreas entre 197 e 197 m²

Área máxima: 197 m²
Área mínima: 197 m²

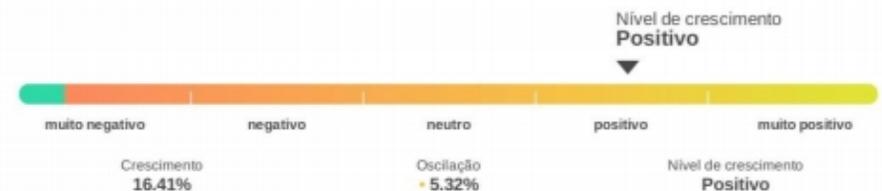
Evolução Temporal

Evolução temporal do preço por metro quadrado (€/m²) para houses na freguesia Aljezur

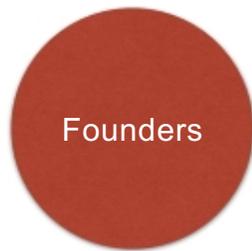


Varição temporal

Dispersão em termos relativos ao valor médio combinada com a variação percentual ao longo do tempo (1 ano)



Investment Sources



Founders

€50K

€300'000



Donation

Pick
your number

€1'000'000



Crowdfunding

Help us finance
a tool or project
Or

Buy a
Healing Center
Package
2 for 1

€555 /week
€1888/month



Investors

Pick your amount
and requested
interest rate*

*will define our rent

From external investors
Or the founders who invest
their own money or
borrowed from friends&family
or from bank loans



Investors Invitation

Option 1

You are a conscious investor that feels to support a positive project with a safe investment in real estate in a country where the value keeps rising.

You invest a part of the money for the purchase of the land and lease it to our association with a set annual rent based on the amount and the interest rate you request . You own shares of the property .

Option 2

You lend this money to one of the founders with a set annual rent based on the amount and the interest rate you request.

ROI Example

€200'000 @3% annual interest rate = €6'000 annually

We manage and pay for the property maintenance and keep adding value to the land

Investors get 1 free week in the guests house per year per slice of 100K invested



Investors EXIT Plan

We suggest to prepare a clear framework for an external investor and residents family exit to insure a smooth, peaceful, constructive and safe process for all

Rule 1 : anti speculation for clarity

We suggest to cap the property value increase to 3% annually.

Therefore an external investor or a resident family that wish to exit after 5 years can sell their shares with a 15% increase on purchase price, 30% after 10 years, 60% after 20 years

Rule 2 : pre-emption right for harmony

The seller has to announce her his intention to sell to the whole community during a specific gathering and by signed letter to all shareholders.

The actual shareholders have 3 months to declare their interest to buy back the shares from the seller.

If there are many interested buyers, they can agree together who get the shares, how much of it or share the sellers shares equally between them.

If no existing shareholders wish to purchase the sellers shares, the seller and the residents can present a new buyer.

If the new buyer is an external investor with no intention to live on the property then the transaction is simple. If the new buyer is an individual or family resident candidate she / he /they must come for 1 month experience living on the property, having time to meet everyone and confirm their interest at the end of the trial period.

Rule 3 : Sales of personal assets

All personal non mobile assets, such as the personal house construction are offered first to the new shares buyer(s) then to the existing shareholders to purchase . The selling price is cap p ed by the original costs of construction demonstrated by invoices, and a p ot ertial a mortizat iondeducat ionif you feel y our p roperty ha s been used . This p rocess will be subject t oan op en a nd t ansp arent discussion wit hthe buyer a nd t herest of t hecommunit ya nd will be accomp anied by a commit ee of 3 members of the communit y

Estimated Main Revenues for Essencia

	Contribution	Number of people	Potential revenue	Estimated revenue year 1
Residents	Space €222 Adult €333 1st Kid €111 Next kids €77	Up to 12 adults about 10 kids	80'000	40'000
Healing Center & Conscious Entrepreneurs Guests	€555 Per week + coaching & treatments packages	6 rooms up to 15 guests +kids	60'000 At 40% occupancy rate <small>150k at full 100% occupancy</small>	30'000
NomadShala Guests Karma, Artists, Retreats	NomadShala tents opens from April to October Contributes 22% of revenue to Essencia		30'000	5'000
TOTAL			170'000**	80'000***

* For the first 3 years. we start paying August 2021

** slow start for year 1

**when the economy will bloom again

PLUS the revenue from the yoga classes, other workshops and public events and therapies contributions at 22% for Essencia

HOW WE SPEND

At the beginning of each month we host a meeting where past month income and spendings are clearly explained

1. We save and send the money to the investors for their interest “rent”
2. We collectively agree how much we allocate of the remaining budget for the :
 - A. various known charges,
 - B. security buffer saving account,
 - C. different ongoing and new projects development ideas

One adult (residents over 15) = one vote

For each project 2 quotes are made with different professionals
Then an open invitation is made for residents to take care of the job internally at the same value for the same expected results

** We spend only what we have*

*** Residents are invited to make extra conscious contribution on top of their rent according to their possibilities and will to support a specific project*

CONTRIBUTION PHILOSOPHY

Space €222

Adult €333 (from 15 yrs old)

1st Kid €111 (above 3 years old)

Next kids €77

Why such a high rent ?

Our invite is to see it as a contribution and continuous investment in the property

1, We need to insure sufficient fundings to pay the rent to investors and pay back loans

2. A 20ha property takes time, professional interventions and money to maintain and develop in comfort. We would like to insure sufficient fundings to keep the project clean and thriving Especially during the first 3 years when we would like to develop the property towards its maximum autonomy in energy, water and organic food production

By then we aim to receive a stabilized income from external activities contribution and lower the rent of all by 30 to 50% according to the reality of finances. This will be subject of a resident vote with minimum 80% of acceptance. In case of no agreement the 4 core founders will take the decision. From year 5 onwards the new rent price will be then voted annually similarly with a maximum price change of 10% from the previous year.

The minimum rent contribution is fixed to €111 for the space, €111 per adults, €55 per kids



The invitation

We invite you to live peacefully in Nature
Have time and space to take care of ourselves,
Practice our passions,
Grow our talents,
Enter our full potential,
Share our gifts,
Raise our frequency,
at our rhythms.

We enjoy this time on Earth,
Just being with ourselves, with our family and friends,
We serve the new paradigm,

We take ownership of our lives and co create our reality.

We live off grid, in a healthy low tech environment
We grow our own organic food
We share our knowledge with humility and joy

Being together in Nature, laughing, singing and dancing is the
essence of a natural healthy happy lifestyle.

Do you resonate ? Are you ready to evolve?
Would you like to celebrate Life together ?
Come and play with us !



Essencia EcoVillage
Synergetic petals of activities

the hive
conscious co-living
permaculture
eco-construction
events & magic
healing center
kids space

—
NomadShala retreats
innerPeaceWork
VGTable
meditation programs
artist residency
darkroom
sacred birth house

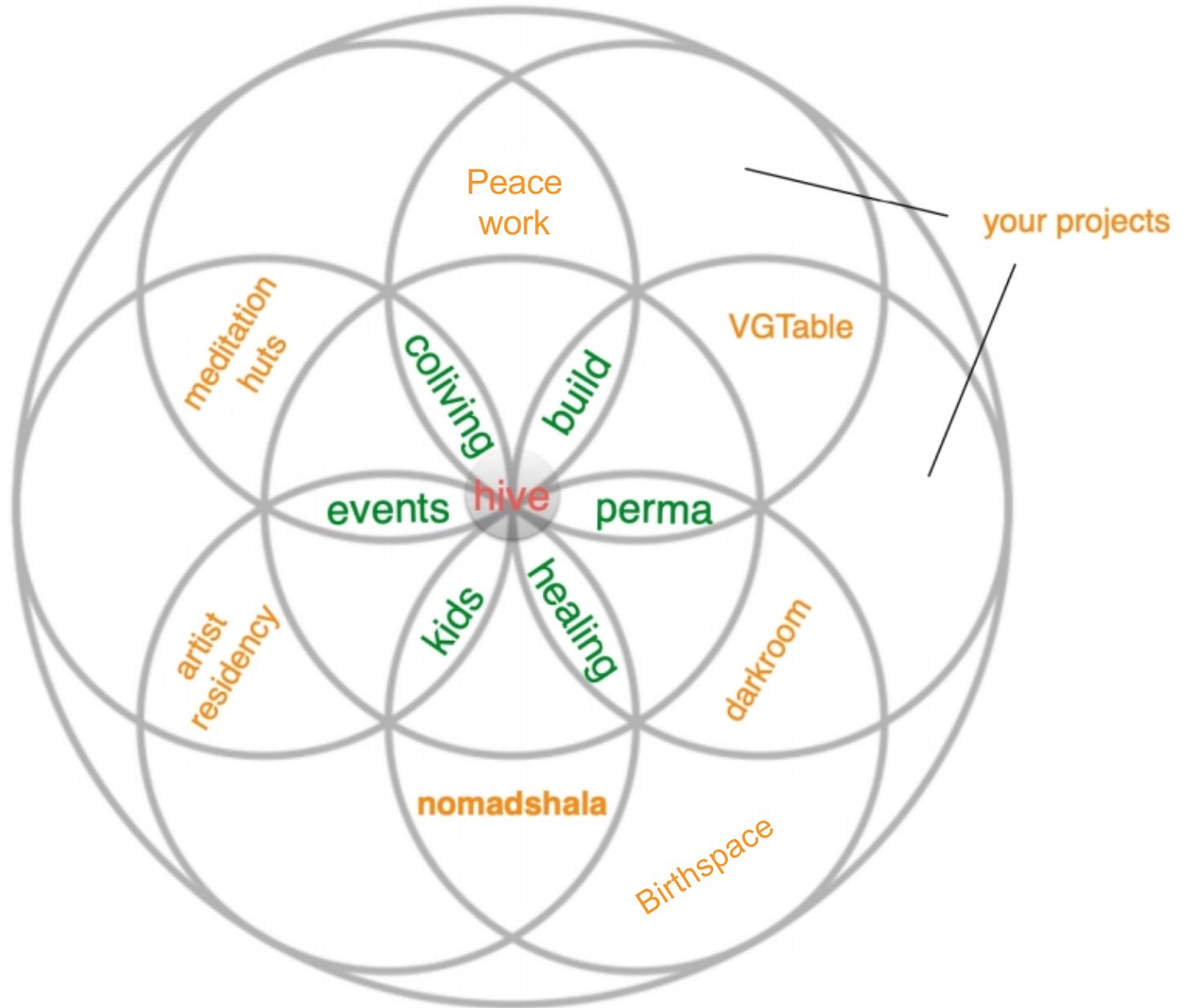


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All these propositions objectives are merely inspirations we would like to share with you. Our intention is to open the field of possibilities and illustrate what could be the reality of Essencia and how it would be articulated to work harmoniously with a thoughtful resources repartition. We will be aware of what the Earth and divinities are guiding us to develop where and when

You are warmly welcome to comment these propositions, share with us if some of them particularly resonate you, weither you want to get involve in it or not, and if you want to add more dreams to it.

The Hive

Coordination
of all petals activities
alignement of intentions
and resources.

One creative planning office
with posters of all the petals purposes,
team members, responsibilities,
accountabilities, objectives, budget,
ongoing project needs and month
priorities

One meeting per week with all petals

Coordinators : SiMona & Antoine
Fine-tuners : Angèle & Frank
Coordinate the work for the first
year of operations. Then these
roles will be open for candidacy
and voted



EcoConscious Co-Living

Center organizers, families living
annually
in their yurts, tiny houses or
other eco constructions of their
choice

we can work on the property
activities
and/or on external pro
fessional ventur es



EcoConscious Co-Living **6 Founders Families Resident: approx 14 people + kids**

Rent per month

Space to build own tiny house: €222

Adult : €333, next adults €222 (from 15 yrs old)

Kids : €111 next kid s €77 (from 5 yrs old)

Everyone contribute a minimum of 20hours per month for community work

Possibility to work more for some paid community work

Potential Monthly Revenue €7'500 Yearly €90'000

2021 forecast Monthly Revenue €5000

CHARGES : House manager salary, plus maintenance and repairs €2'000 / month

AVAILABLE BUDGET : for new project material and manpower €3'000 / month



Permaculture

Organic food production & beyond
Medicinal herbs garden, Spirulina farm,
Sprouting farm, Mushroom farm, Bees



Permaculture We aim to grow the maximum of our consumption
We welcome punctual volunteers and long stay guests
We organise workshops to share the knowledge



we plant 1 fruit
tree and his
compagnon plants
a day

LowTech
HighVibes
Eco Construction

The team in charge
of maintenance , new buildings
and experimenting with new
modalities
of technologies which will
increase our community
comfort, resilience and
happiness

Punctual volunteers and
long stay guests welcome
to help and share the
knowledge





Kids Space

There are a few alternative schools nearby and we would like to offer also a space where parents from the community and guests can leave their kids to devoted adults

HEALING CENTER

long stay guests
that come for

our Transformational
Journey to Freedom
Program

staying in the guest house
6 double and triple rooms
or in NomadShala
glamping tents

€555 weekly basis rent

Minimum of 3 weeks
Stay of 4 weeks recommended
with special price at €1888

Includes

- + juicing detox cure with
- + personal nutrition coaching
- + one massage per week

plus extra:

possibility to join yoga
classes, add massages,
various coaching and
therapists packages

minimum of 2 packages to
be added



Essencia Healing Center offers

on site therapists for
punctual sessions

*

long term
holistic follow up

*

1 month & more
transformation journey
residency

—

Revenue
80% for therapists
20% for Essencia

forecast €24'000
4 therapists doing
100 sessions yearly each
at €60 per session

About €4'800 contribution
for Essencia



About NomadShala

Sacred Spaces in Nature

OUR INTENTION

We are dedicated to awaken the Human potential and inspire one another through the collective participation in art, spirituality, yoga,

music, dance, performance, education, regenerative strategies, holistic therapies and our fundamental connection with Nature.

We create Sacred spaces, comfy and magic to welcome Life

celebration gatherings.





GUEST Prices

Business Model

Based on conscious participation

Exchange received typically for a 5 nights retreats: €700-1200

Teachings, activities and all included

organic luxury glamping tent with double bed, cosy atmosphere, wooden jacuzzi, panoramic sauna, high vitality meals, slow juices, foraging and wild plants, hot showers, music, camp fire, outdoor cinema, essential oils bar and more...





Retreat Center

Slow start in 2021 when we mainly hosts arriving residents, volunteers and maybe a few long stay guests

From 2022 onward we could envision

1 retreat per month between April and October

6 retreats with each between 12 to 44 participants

NomadShala contributes 22% of its earnings to Essencia as a rent during the approximative 6 months of operations

NOMADIC SCHOOL OF WONDER



NOMAD SHALA
SACRED SPACES IN NATURE



Discover our movie here ▶



Inner Peace Work Retreats & Workshops

With Essencia we create a place of healing and peace. Inner Peace Work is the seed that create everything and carries it outward. Healing can only be in the field of Peace. Essencia is the Garden of Eden that supports us to go into the silence and to pause .

The longing for inner connection, the deep The long ing for inner connection, the deep desire for peace and letting go and letting be breathing deeply with nature, connecting with the elements, all this and more we offer in our peace retreats.

Pray meditate and breath to learn more about your inner world

May Peace prevail in me and on Earth



Events & Magic

Organizes weekly & monthly yoga classes, gatherings, concerts and creative workshops per month in 2021 and per week beyond with 20 people average at €10 for external guests and €5 for residents annual revenue of €15'000.- Annual revenue for essencia €5000



Our community “farm to table”
restaurant serving delicious nutritious
meals everyday

plant-based lunch at 1.30pm and dinner at 7pm
for €3 per meal to residents and €5 for visitors

We hire one main chef, we welcome long stay
guests who want to learn how to
prepare sacred medicinal foods

Each petals team organise one day with lunch
and dinner when they prepare the meals and
share their ongoing projects , dreams and
needs with the community and visitors

Catering possible : minimum order 10 persons
at €33pp.

VGTable
« Farm to Table » community kitchen



Under the guidance of SiMona, holistic nutrition coach, Antoine who has open Alive, a raw vegan restaurant voted of the top 5 best restaurants in Geneva and with one chef to be hired this place allows you to relax, eat the most vibrant foods for your optimal health full potential, your growth and the ones of your children, and to focus on your own practices and projects



Artists Residency

Essencia and
NomadShala support
Arts by welcoming 3
artists for residency of
one month

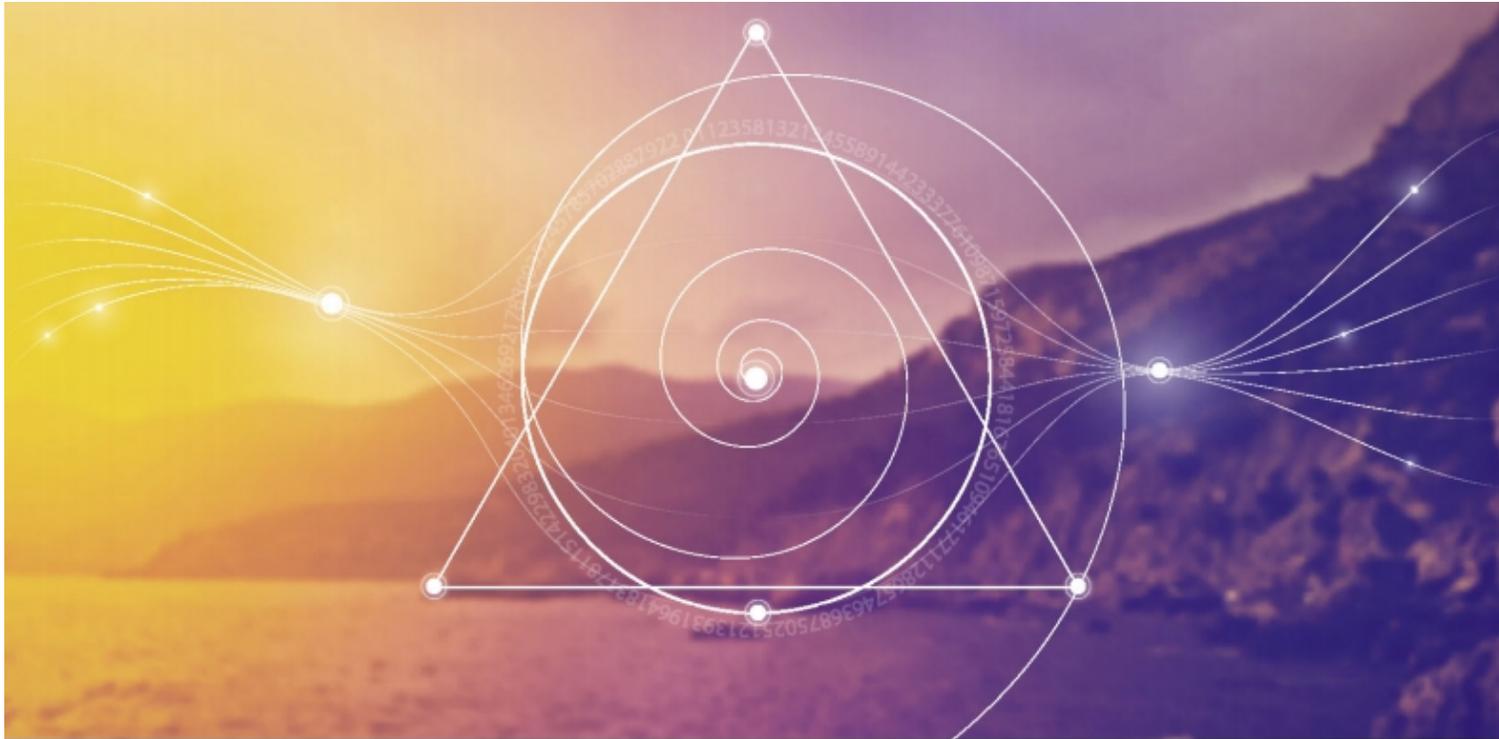
1 Portuguese and 2
internationals (+family)
for a small contribution
of €333 per month
and €55pp for food in
one of the
nomadshala tents and
in exchange of sharing
one workshop or
concert per week and
or one of their artwork
for the land

Our intention is to
encourage creativity in
all forms and offer a
safe space for artists
who wish to create
luminous art
from a healthy place



The petals Darkroom & Sacred Birth Center might be developed in 2022

we dream of a darkroom which is like a meditation hall with private rooms where people stays for several day in total darkness
we dream of a birth center to welcome one family at a time for a natural birth with the possibility to live the 40 days post natal



Are you ready to live paradise on Earth?
Let's co-create magic Together!



WELCOME HOME ! BIENVENUE !
Obrigado Thank you Merci Danke



SiMona

A well traveled social educator, institutional clown and holistic therapist, she offers polarity therapy sessions, nutrition coaching, conscious pregnancy doula
Tao tantric arts workshops,
with a strong experience in women's work,
Aroma Yoga courses and teacher training

She has been instrumental in several projects successes as non violent communication group facilitator

She holds sacred chanting circles and spread the love through
Radio Good Vibrations
www.livetolove.life

She is NomadShala co-founder & guardian
www.nomadshala.one
Healing Heart Festival co-founder
www.healingheartfestival.ch

She speaks German , French, English,
Spanish and is Learning Portuguese



Antoine

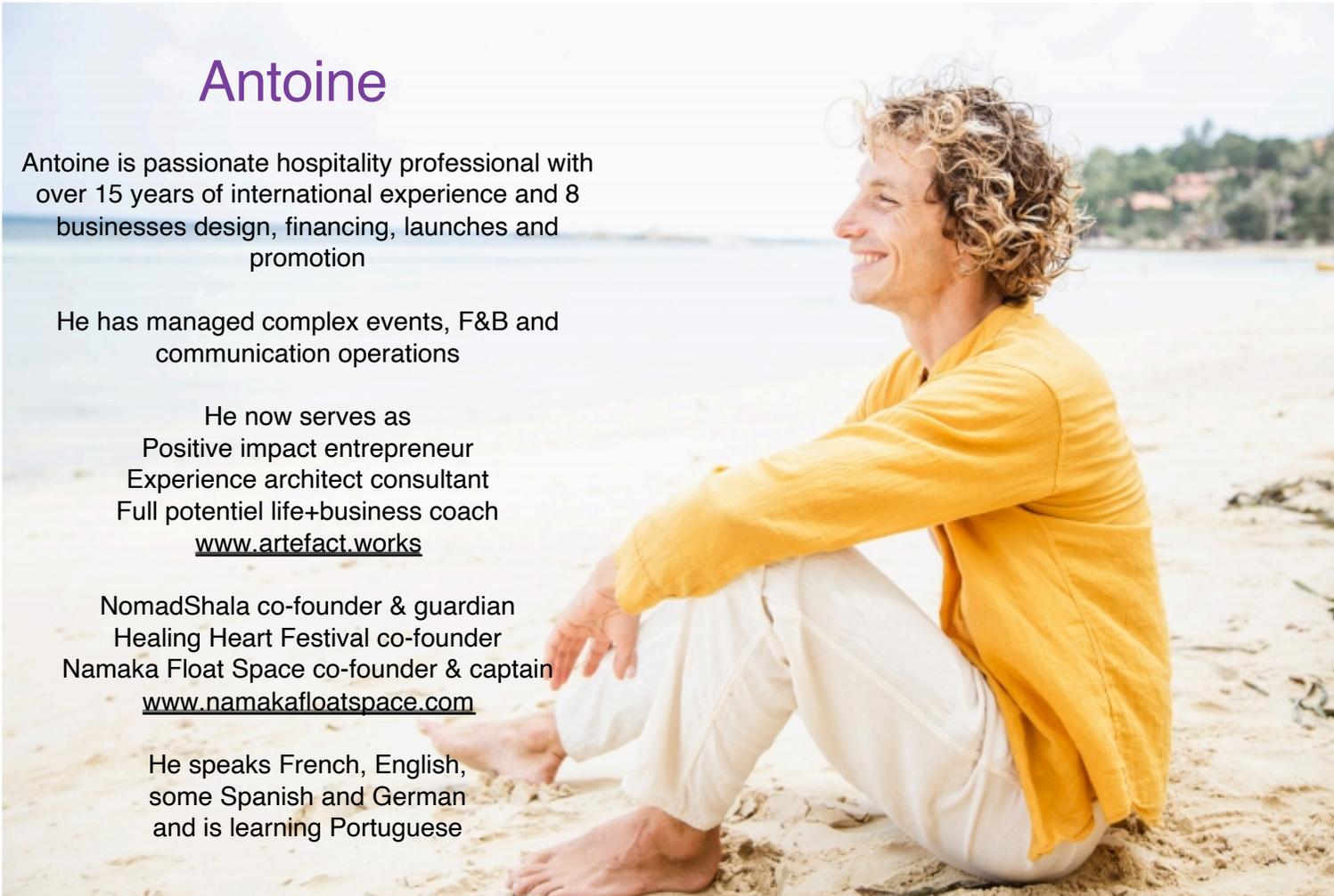
Antoine is passionate hospitality professional with over 15 years of international experience and 8 businesses design, financing, launches and promotion

He has managed complex events, F&B and communication operations

He now serves as
Positive impact entrepreneur
Experience architect consultant
Full potentiel life+business coach
www.artefact.works

NomadShala co-founder & guardian
Healing Heart Festival co-founder
Namaka Float Space co-founder & captain
www.namakafloatspace.com

He speaks French, English,
some Spanish and German
and is learning Portuguese





“Together we are on a Journey of Freedom & Love”

We met at the Earth Festival in Lausanne in 2018, it was Love at first sight and lot of sparkles. Since we've become brighter, our relationship grew deeper and we've got married this Summer 2020.

NomadShala is our first baby born in 2019 from our ideas whom were making Love too. And lots of support of precious friends. A big baby of 90m3 and 5.5tons ready to welcome comfortably up to 44 guests in Nature.

Our common passion for Human full potential, freedom and all those fantastic self-development tools brought us to create this space to share these precious sacred practices. Our dream is to co-create a harmonious life in community and participate to serve the upcoming conscious humanity, vibrant, awakened and happy!

« In the right place at the right time »



This mantra has accompanied Emmanuelle & Frank since their first encounter.

Their love story is magical and unique and leads back to the mountains of Mexico. At the foot of the mountain Quetzalxoatl three souls had a rendezvous. Right three! At the same time, their enchanting daughter Adah-Aimée emerged from this wonderful encounter.

As AllSensesFamily they are on the road today and do what they love. In their work they touch the hearts of people and carry the message of peace into the world.

May Peace prevails on Earth.

Frank

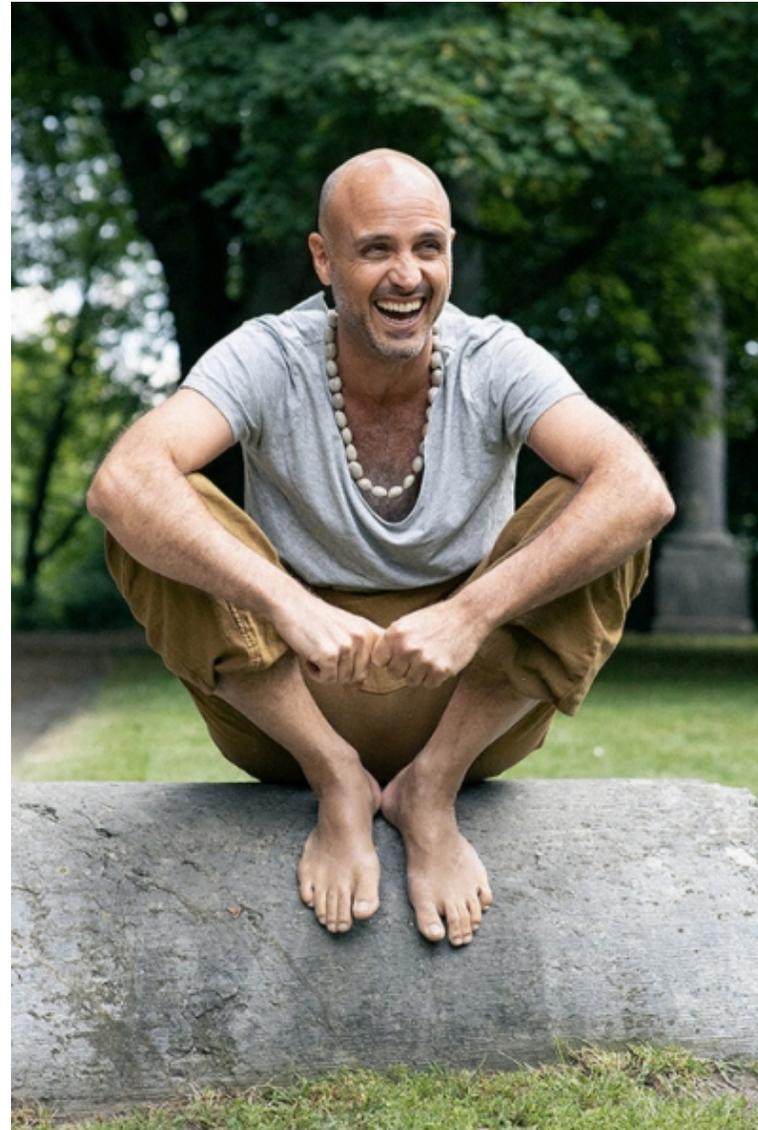
Frank has always loved life and walks the path of the heart. It is his passion to remind people of their devinity and to perceive them self as beautiful, loving beeings.

For over ten years he has been studying at the RaStoa Academy “die hohe Kunst des Geistes”. He completed several studies and trainings in the topics of light body process, consciousness, transformation and breathing techniques.

Today, Frank lives his purpose by teaching breath techniques and inner peace work. He is a mindful companion and wise advisor in deep questions of life.

In his work as a free wedding ceremonialist, Frank intends to touch the lovers hearts and remind them of their unique connection.

www.frank-mattle.ch



Emmanuelle

Already as a child, Emmanuelle perceived the subtle fields of people, recognized their uniqueness and was able to connect with them from heart to heart. Through this always natural urge for deep connection, she has now placed herself entirely at the service of love. Love for herself, for people and for the earth. After graduating from university, she opens her heart and her being to live her gifts and thus her soul purpose.

She has found her calling to support women in their spiritual growth and the rediscovery and strengthening of their feminine creativity. With them she dives into the world of yoga and essential oils, energy healing, polarity therapy and meditation, into the magic of women's circles and sweat lodges.

Passionate about the power and wonder of Mother Earth, she accompanies women as a Medium, Mujer Medicina and Transformative Body & Soul Coach in their most important soul moments; also as a doula during holy conception, pregnancy and birth. Emmanuelle describes herself as a child of the world ; she has lived in many places where she has been involved with and influenced by the Universe and the indigenous people.

In Mexico, she met her soul mate, Frank Mattle. Together with their enchanting daughter Adah-Aimée Tonantzin they experience the world. The All Senses Family organizes healing retreats, gives sessions, makes music and is happy about the ease of being in the bus and tent.

Since 2019 Emmanuelle offers the Aroma Yoga® Teacher Training online in German.

<https://www.emmanuellecollinet.com>



Hi everyone!

It's a great pleasure for me to introduce our sweet family: I am Vincent, my beloved wife Amélie and I have 3 lovely daughters, Lucie (6yrs old) Laura (3yrs old), and Alice (6mths old).

We like to consider ourselves simple humans, world travelers, all-kind-of- experiences oriented, enjoyers of nature (when possible...). As a child I had the chance to live most of my life abroad, gifting me with this profound desire of discovery. On her side, Amélie had a carefree childhood in Martinique, family-centered and away from consumer society. She is patient, positive, driven by the need to maintain harmony around her, while on my side I am thoughtful, fueled by passion, living 100%.

I gotta admit it's kind of tough to "summarize" our family in few lines..! Let's give it a try :

Following our engineering school, we departed to Jakarta's urban jungle, then came back 4 years later to France and initiated our family's organic growth with the arrival of Lucie into our lives. Few years later, our thirst for new experiences combined with a professional opportunity led us to Algiers, where we welcomed our 2nd daughter Laura. Perfectly timed with the COVID, Alice joined the gang in May this year, turning 2020 in a great year, despite "all".

As many people, the COVID period has given us the opportunity to stop all non-essential activities for a brief moment, allowing us to breathe and think clearly about our lives. Conclusion? Following 5 years in Algeria, and 14 years working in the same company with its share of disappointments, there's a delicious smell of change in the air for 2021. Gratefully we are happy with our current lives, however we strongly believe our daily life could be much more fulfilling, in many ways. Also, our desire for freedom has been seriously tickled with restrictions in Algeria for foreigners.

There are so many good reasons to join the adventure... it's clearly impossible to list them all! I could summarize it by "having more time to live better" but it's so much more. It's about merging with nature ; be & feel useful ; give a deeper sense and meaning to our daily life ; contribute together towards an ideal ; build a community from scratch and a healthy home for our family ; play with our kids ; have time for passions ; thrilling challenges ahead ; deeper understanding of ourselves and our relation with others ; shared happiness ; transmit and forge important values for our kids ; use our hands instead of my mind (most of the time at least !) ; mind-healing ; contribute individually to climate change mitigation. Most importantly, the project is completely in line with our life goals, and it definitely feels like the right thing to do, both individually and for our entire family.

We can't wait to settle into our new life!

Fournier Family





About Osel Vega

Osel Vega has a training for more than 20 years in contemplative science. His contemplative training began when he was playing amateur and professional Golf tournaments his life was dedicate it to the Golf view and life style. Later his karma brought him back to his source, The Buddhist tradition, where he was able to formalize his training with years of training in the foundational base achieving the view that enabled him to join the Great Vehicle and later entering in the Vajrayana- Tantric view through the Nygmapa School. These training has taken him 15 years and he was able to be close to his teachers and spent the proper time in the different practices. His training has been taken in different environments; city, beach, mountain and cave, being the last the place where he spent couple of years in retreat in the Himalayas (Nepal-India-Tibet) following the instructions of his teachers - the mountain yogi view.

Damien and Kathryn

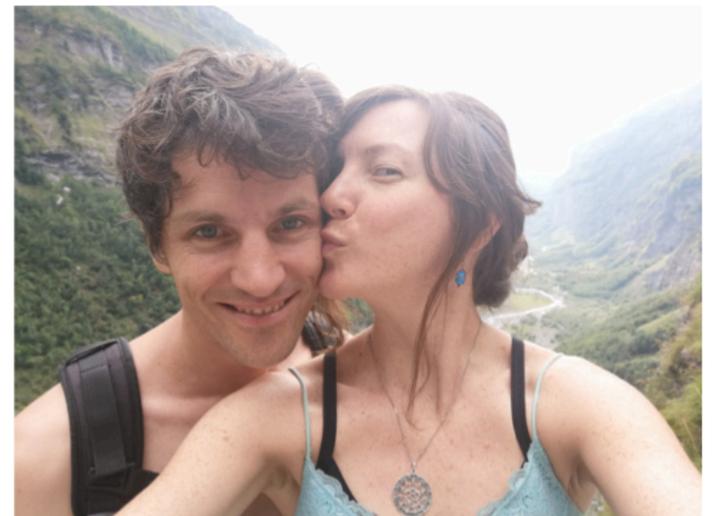
Damien and Kathryn first met on the dance floor during an ecstatic dance evening in Geneva. Their first date was just some days later for a Snatam Kaur concert in Lausanne and very quickly they were doing almost everything together!

Two calm and peaceful souls, Damien and Kathryn share a passion for collective conscious movement and sacred vibrational energy in the forms of dance, song, yoga and music.

They very quickly realised their shared passion for the protection of the environment, conscious and modest living and their deep connection to nature as well as clear understanding that the modern way of life is leading humanity in the wrong direction.

Their appetite for clean, healthy, nutritious, wholesome food, made with love, care and affection created a desire in them both to work with the land and learn and live by permaculture techniques.

Driven to lead a more sustainable lifestyle, in conscious community and with nature, Damien and Kathryn want to teach and share holistic health, wellbeing and nutrition and conscious off the grid living to help inspire and guide others for a better collective future.





Kathryn

Kathryn has an innate passion and drive to help and heal others whilst working with and respecting mother nature.

She has a BSc in Psychology a first MSc in Nutrition and a 2nd MSc in Sustainable agriculture. Kathryn has a deep interest in agroecology and has worked on various projects around the world in Organic and FairTrade agriculture.

A thirst for life, culture and travel, Kathryn is an independent explorer and loves the adventure of the unknown, challenge. She has lived in many countries and taught herself French, Spanish and Italian along the way.

A conscious decision to work more holistically with nutrition and wellbeing, Kathryn studied to become an Ayurvedic therapist and counsellor as well as Yoga therapist. From India, life took her to Thailand where she studied for 8 months with her Thai massage master the arts of traditional thai massage, buddhism and holistic body work.

Since 2018 Kathryn has been living in Geneva where she met her playmate, soulmate and best friend, Damien. She founded BeVivant - her holistic health, wellbeing and nutrition business that offers holistic bodywork sessions including Thai-yoga, Osteo-Thai, Ayurvedic oil, Chi Nei Tsang and Reflexology therapeutic treatments, Yoga therapy classes and sessions and health, nutrition and Ayurvedic coaching and consultations.

Damien

Damiens previous life saw him working as a software engineer, father of two, in a toxic relationship. The last few years have been a blessing in disguise and forced Damien to sort the system in search of a more harmonious and modest life where he aims to use his engineering skills in projects to help simplify current complex human systems.

From rock climbing to free dance, his vibrational energy shifted and rose and led him to accept his soul intuition as consciousness and love.

He discovered the sacredness of life on a deeper level, and uses this energy to work on projects that have a sense to him, such as designing and crafting upcycled, cardboard furniture, sculpting wood furnishings or making homemade, organic fresh bread.

Damien is driven by the urge to protect and live in harmony with nature. With his next project, he hopes to contribute to channelling a 'democracy of wisdom' where one of the essential actions is creating local resilience in connection with each other and with nature.



I'm a Life's Lover, passionate by Human processes. Free spirit, open and rich in heart. What thrills me in this lifetime is elevating myself through divine music & chanting shared with other souls and spending sacred moments alone in Nature.

In 2015, I made the leap to conscious entrepreneurship after returning from an initiatory journey to the USA and Nepal. During this journey I discovered sound healing and the *5Rhythms* which remained the practices I'm sharing today.

In 2016, I opened a yoga, meditation and sound therapy center called *Shanti Club*. I offer access through sound and movement to the colors of our soul and to our ESSENCE allowing us to fully express and be who we are with no compromise. This is my healing path : the One towards Self-love and Acceptance.

In 2020 I have created a coaching program which allows me to combine my passions of dance, sound and taking people to realise their highest potential. Today I accompany women that desire to make a BIG change and that wish to connect to

their soul path ready to take a further step to fully ground it in the present and matter.

About Joyleen Rao

The "Essencia" project is the vision that was revealed to me during my 1st Vipassana in Kathmandu in 2013. Its manifestation is the greatest gift that has been offered to me in order to continue working towards the Light and the Collective based on the fundamental values of Harmony and Peace.

Gratitude to Life which propelled me to meet Simone and Antoine. Life has gathered us today in a very magical way to start building this project where people can find a space to live differently far from the fear and crazyiness that society imposes. Creating this haven of Peace in the midst of Chaos has become an emergency and I am honored to participate in its construction with the help of all of you. Giving Thanks, Sending Blessing, Aho Mitakuye Oyasini!





Lover of life, of the sun, aspired to live in communion with animals, nature and my brothers and sisters. Woman medicine guided by ancestral wisdoms, my heart and the spiritual world.

Trained in tourism, public relations, advertising and ultimately in education. I define myself today as an artist of pedagogy, my love for children inspire me to create places of learning adapted to children of today in the consideration of their individuality, their needs. Inspired by Steiner, Montessori, wisdom of the earth, schools in the forest pedagogies, and other training spaces with which I have collaborated in particular at Auroville. I have experiences of twelve years of teaching at working with children from four to thirteen in different settings.

In Essencia I will create a learning sanctuary dedicated to children inspired by those alternative concepts but also guided by my soul and the spiritual world.

I also collaborate with parents for educational advice and to resolve any difficulties encountered. Meditation, yoga, shamanism are part of my daily life. Animal interpreter, doula. On the way to pranik food. So many experiences, tools and perceptions that I will be happy to share and pass on during individual care or retreats at Nomad Shala.

With all my heart I support this project dedicated to the highest good, Thanks to Simona and Antoine for showing it.

Love it ?

Confirm intention to join - asap, place limited

Send biography with motivations - asap

How to join

Answer questionnaire - will be sent by 22.02, reply by 28.03

Sign community golden agreements

Transfer € 50'000 - ideally before 03.03

Find rest of investment - ideally € 200'000 (recommended but not compulsory)

—
The Process

Share presentation to potential investors

You can arrive in the region when you are ready

You can install yourself on the property from 04.04

You can have a room in the guest house or a NomadShala tent for the first 3 months if needed while building your nest

Start your personal&collective life coaching program (3 months)

Nutrition plan

Non violent communication workshop

Tantra workshops 1,2,3

Breathwork sessions

Movement plan

Meditation plan

Start building your habitat

Start participating in community petals projects

Develop your personal projects - when you are ready

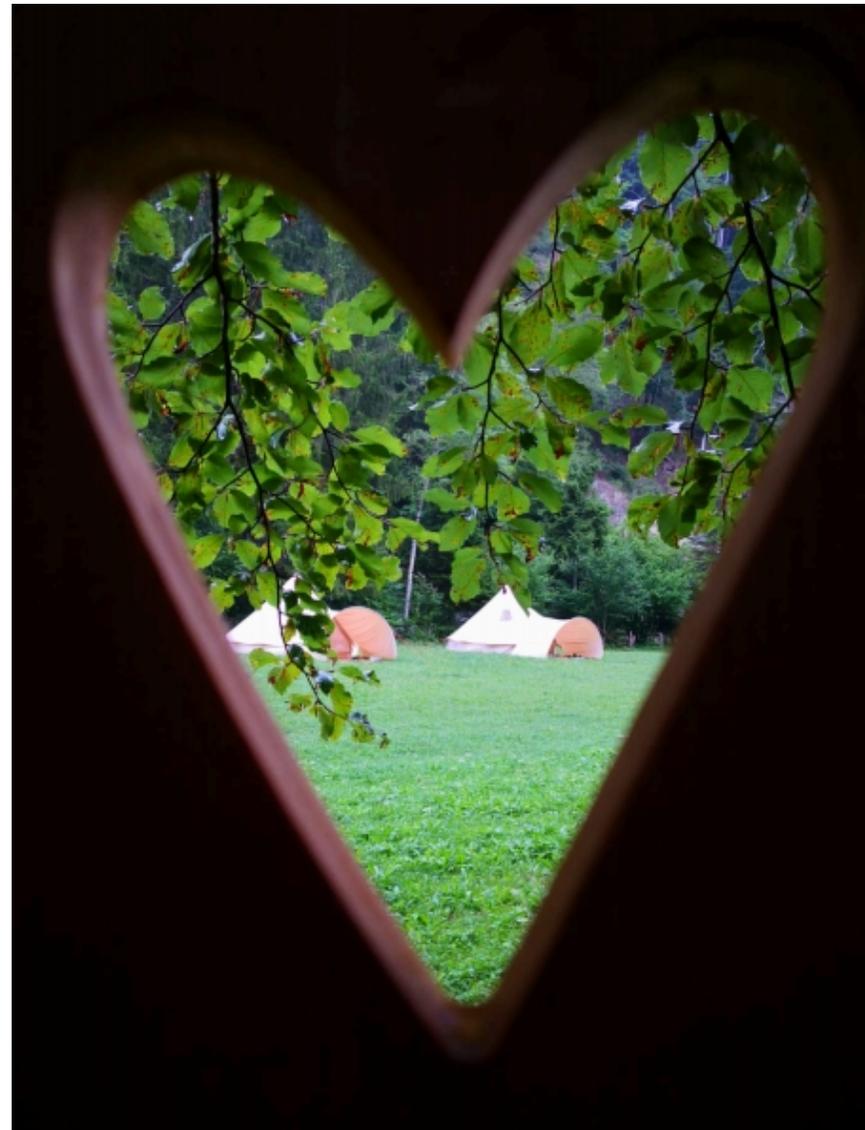
Start making your (rent) contributions from 08.08 - ideally, if you already arrived



Sur la Voie du Coeur
pour la Liberté et l'Amour

We are walking the Heart Path
of Freedom and Love

no caminho para o coração



**NomadShala started to carve her trail in Summer 2019
since we've set camp in 5 locations in Switzerland**



1 Grand Opening event in Evergrin

2 retreats in Gantrisch Natural Reserve

1 retreat in Emmental

we co-founded the Healing Heart Festival, near Geneva

2 months with 6 retreats

and 1 Love Ceremony in Chateau d'Oex

- * 23x rooms of 20sqm cotton tents with 15 kingsize and 15 singles beds
- * 1x big tent Temple of 150m2
- * 1x big tent Kitchen of 100m2
- * 1x double tent for massage therapy sessions
- * 1x tree tent
- * Hot showers
- * Dry toilets
- * Solar panels
- * Soundsystem & music instruments
- * Outdoor cinema
- * Panoramic cedar wood sauna
- * Wood hotpot jacuzzi
- * Many heart-warming touches such as candles, fire-pit, hammocks
- * NomadShala is made of all natural materials



INFRASTRUCTURE
 an magical mobile
 retreat center

A Growing Tribe of Light Brothers & Sisters

2019

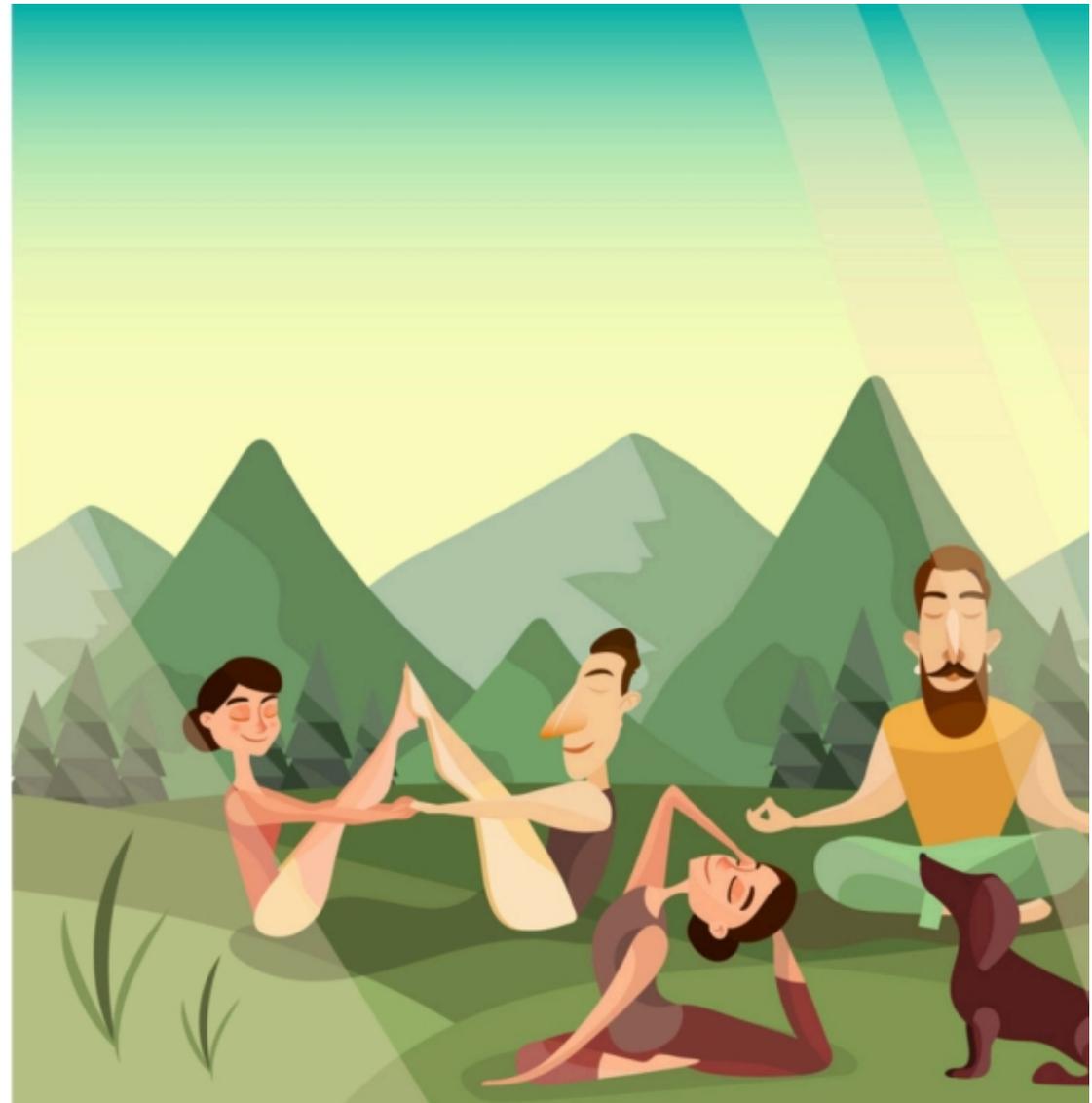
4 full camp builds and unbuilds

**50 guests
at the Grand Opening Weekend**

**44 guests
to first 3 retreats**

38 karma yogi helpers

**and over 1000+
participants at the festival, with
NomadShala filled with the beating
hearts of international artists,
musicians,
teachers and healers**





A Growing Tribe of Light Brothers & Sisters

2020

222 people at the Love Ceremony

**6 retreats with each
between 15-45 participants**

**77 people at our
Ecstatic Life Weekend**

€133K revenue in 2 months

**1 press article in Le Temps
1 radio show on RTS**

**A well established brand in
Switzerland with engaged social
networks followers and many
talented individuals who want to
cocreate with us.**

**And we've learned so much about
living in community and in nature !**

Thousands of hours of sweating,
building, unbuilding, team meetings

meditation, yoga, coaching, qi
gong, swimming and purifying in
rivers,

breathing, singing, dancing,
massages, dinners around the fire,

crying and laughing

so much healing

29 fills of our hotpot jacuzzi,

120 days of operations for our
sauna, 27 m3 of wood to fire it all

up

lots of new friendships, cuddling
and sometime even a little more...



NomadShala Grand Opening in Evergrin, Switzerland





Second stop: Welcome in Gantrisch Natural Reserve

The new luxury : simplicity, nature & comfort





High vitality kitchen
all organic, plant-based, mostly raw and a little wild
Expect the same and better at Essencia



Fully equipped kitchen
3 professional gaz burners, solar oven, sprouts station, juice machines

the tree tent !





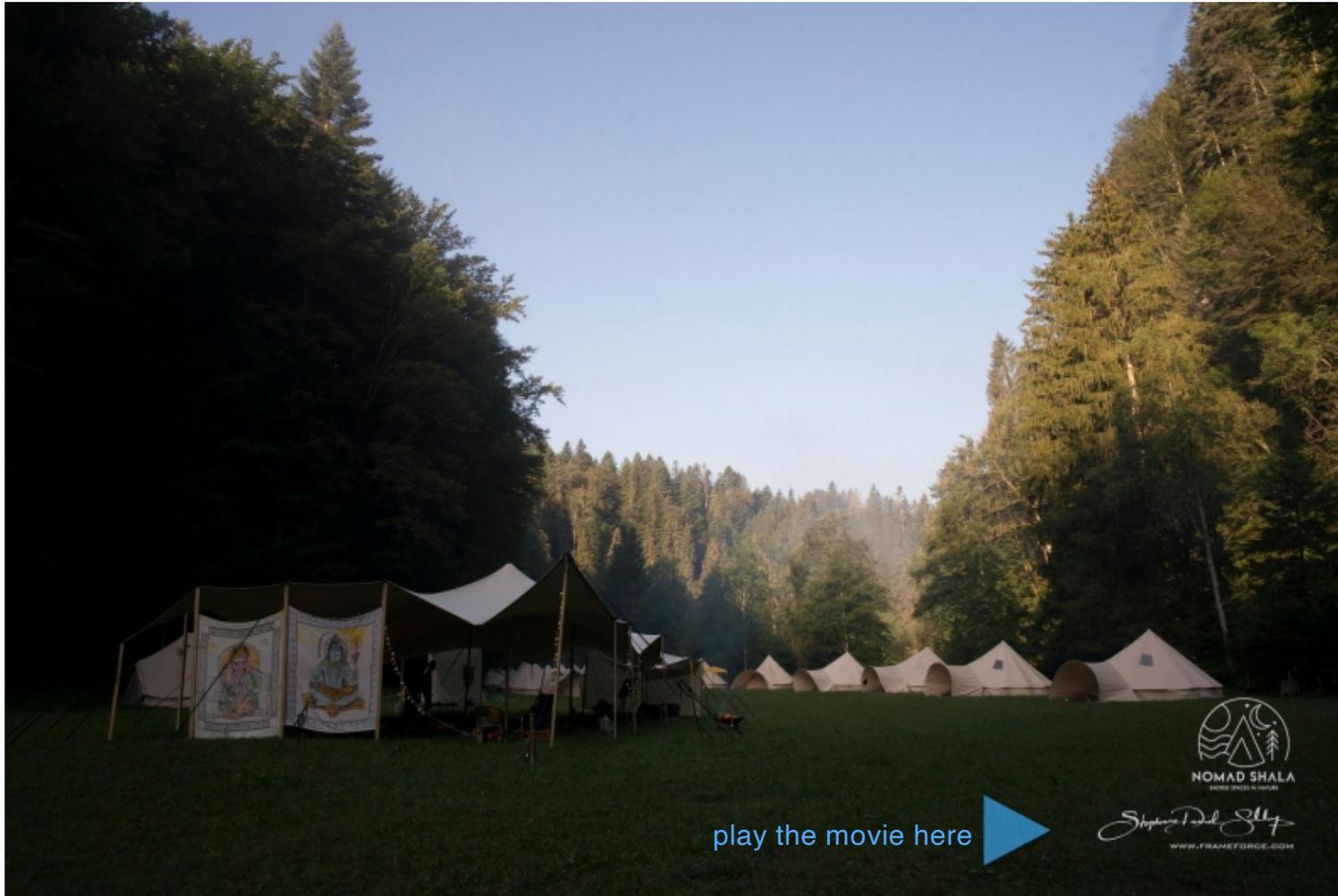
NOMAD SHALA

WOLFFENBÜTTEL

Stephanie D. S. H.

WWW.FRAMEFORCE.COM

An invitation to reConnect with yourSelf and Nature





3rd stop
Emmental
Summer 2019







The « Shala » Temple
a 150sqm flexible tent
ready to welcome
Life Celebration events





What people say after a week at NomadShala? [Click here](#)





HEALINGHEARTS
FESTIVAL
MAMAJAH GENEVE

NomadShala village at the Healing Heart Festival
Permaculture gardens of Mamajah, near Geneva
offered to host the organizers, the international musicians
teachers and healers



Discover our after movie 1 here 

Season 2020
two months and 6 retreats
in the magical mountains of Chateau d'Oex

















*In Peace,
With Joy
In Peace, and
Abundance
For Love*

our little video presentation here ;p

<https://vimeo.com/324875382>