

FORCI

REGENERATIVE FARM LUCCA

HOW TO  
BECOME  
INDIGENOUS  
TO EARTH  
AGAIN

TUSCANY, ITALY  
SEPTEMBER 27 - OCTOBER 1 2023

# THE EXPERIENCE

## A JOURNEY OF REDISCOVERING OUR RIGHT PLACE IN THE WORLD

In a world where individual, social and environmental crises loom large, we connect with perspectives of the Kogi People of Colombia who have kept their wisdom tradition live since over 4000 years. We will discover the true meaning of becoming indigenous to Earth again.

During this retreat, we will delve into the core question of our current times: Are we mere parasites exploiting the Earth, or can we be guardians, nurturing and protecting the planet that sustains us? Our exploration will lead us towards the perspective shared by many indigenous people: just as we need the Earth to survive, the Earth also needs us to thrive.



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# WHAT YOU WILL LEARN

- Turn your attention to the soil and explore the symbiotic relationship between humans and nature
- Tap into the genius of the land, drawing inspiration from the millennia-old cultures of origins like the Kogi, who have maintained an intimate and harmonious relationship with the Earth for generations
- Embrace rituals and moments of connection with Earth and nature that not only enrich our daily lives but can give back to the Earth, nurturing her as she nurtures us
- Deepen your contact with food and yourselves as integral parts of the living ecosystem

*Together, we will challenge the belief systems ingrained in our current paradigm and open ourselves to new perspectives that harmonize with the natural world.*

# THE GUIDES

Anna Reisch, co-founder of *Reinventing Society*, an innovative think tank, is deeply committed to inspiring positive change and cultivating a sustainable and mindful future. Her expertise spans new economic paradigms, pioneering organizational development, and sustainable finance. Beyond her role as a strategy and organizational consultant, Anna actively imparts her wisdom as a university lecturer, covering crucial subjects like "System Change and Climate Change" and "Sustainable Finance." She blends her passion for creating a regenerative future with a profound spiritual and intuitive connection to the world around her.

# THE GUIDES

Lucas Buchholz, a visionary advocate, ignites the path to a regenerative economy and society. Through compelling books and captivating talks, he illuminates the potent fusion of indigenous wisdom and contemporary knowledge, propelling us toward a transformative future. Having immersed himself in the profound teachings of the Kogi People in Colombia, Lucas draws from his firsthand experience to reveal the invaluable lessons our modern world can glean from cultures that have harmoniously thrived for millennia. As a testament to his dedication, he founded the non-profit organization *Lebendige Zukunft* to amplify this cause.

# WHAT TO EXPECT

- Daily nourishing tuscan meals with seasonal products
- Daily land reading practice on the Forci estate
  - Daily integration practices
    - Working with the intelligence of water
    - Getting in touch with the spirit of the land
- Connection to the ancient wisdom of the Kogi
  - Discovering your purpose as a steward
    - Lots of nature and new friends
  - Opportunity to book a Human Design Reading with Anna

# TENUTA DI FORCI

This retreat will take place in Borgo Pastore, a charming and rustic farmhouse located in the enchanting surroundings of the Tenuta di Forci in Tuscany. We will immerse ourselves in its ancient vineyards and enchanting olive groves, building a relationship with the land. One step towards becoming indigenous to Earth again will involve connecting deeply with the waters of the estate. Through ancient wisdom and modern scientific practices, we will learn to communicate with water, understanding its language, and discovering how to incorporate this knowledge into our daily lives and the world around us.



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# BOOK YOUR SPOT

INTIMATE EXPERIENCE  
FOR 13 PEOPLE ONLY

SHARED ROOM & SHARED  
BATHROOM: € 1250

SHARED ROOM & PRIVATE  
BATHROOM: € 1350

SINGLE ROOM & SHARED  
BATHROOM: € 1450

PRIVATE ROOM & PRIVATE  
BATHROOM: € 1730

**EMAIL US:**  
[RETREATS@TENUTADIFORCI.COM](mailto:RETREATS@TENUTADIFORCI.COM)

OR

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