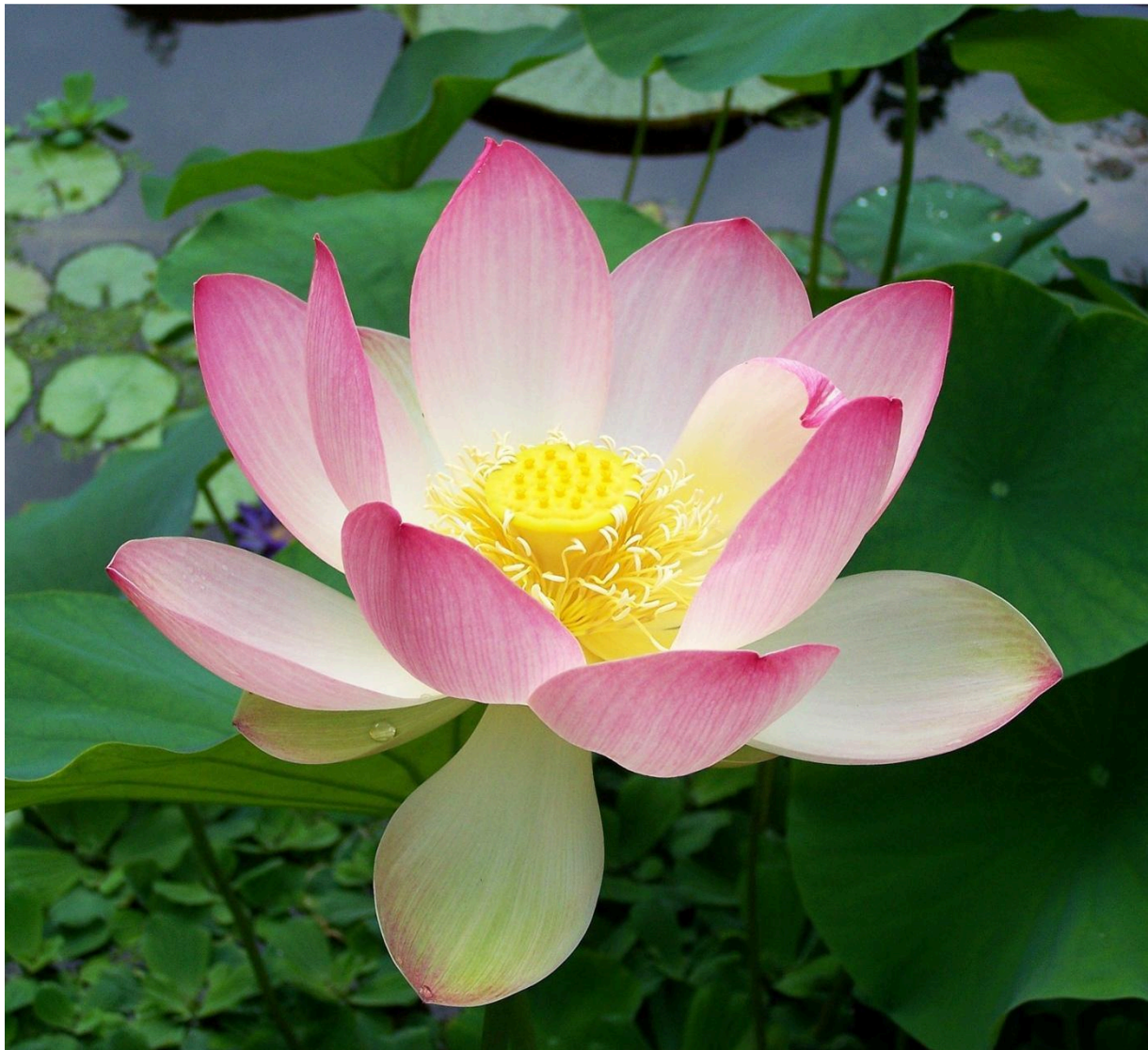


Be One Retreat, June 2026

Being One with the Earth - Summer Solstice Retreat

June 11-14, 2026 | Occitania, France



Proposed Program

We are delighted to confirm your participation in the Be One Summer Solstice Retreat! Designed to regenerate and revitalize our personal and collective energy, this special gathering offers a space for renewal, deep connection to nature and inspirational leadership, bridging personal well-being with community action. At the end of the retreat, we will feel more aligned between body, mind and heart. We will be able to reconnect to our shared humanity and experience a deep sense of belonging to the Earth. Together we can be One with the Earth.

What to expect

Ground in Mindfulness Practices: Ground yourself with a light schedule of mindfulness practices in the Plum Village tradition. Changemakers have long sought refuge in the teachings of [Plum Village](#), founded by renowned Zen master [Thich Nhat Hanh](#). This retreat draws inspiration from these teachings, supporting us to cultivate inner grounding for outer change.

Regenerate and Restore: Practice yoga, sitting and walking meditation, hiking, sight-seeing, swimming and other activities that nourish body and mind, amidst the peace and beauty of the South West of France's serene landscapes. As we gather during the Summer Solstice - the longest day of the year - we have a chance to illuminate not only ourselves but also the community we are building for the future.

Foster Community Resilience around a Shared Vision for the Future: Gather in a trusted circle to nourish meaningful connections and collective strength over delicious home-made meals, walks, and mindful gatherings. Reflect together on bringing mindfulness in our work and collaborations, to help us to lead with greater ease and purpose around our shared vision for the future.

Logistics:

When: Arrival planned on Wednesday June 10th towards the end of the day - opening circle taking place that evening after dinner at 8pm | departure Sunday 14th of June – closing circle taking place in the morning around 10am.

Where: Occitania retreats - <https://occitaniaretreats.com> - is a very special place located near Toulouse, in France. We will help coordinate carpools and public transit options.

Who: Participants are special guests who have been deeply involved in climate leadership initiatives, environmental protection, community-building, mentoring, training, education and/ or transformative mindfulness practices. Kindly note that there is limited space (12): make sure you reserve your spot here <https://luma.com/vzu8dvx6> by March 31st. Beyond this date, you are then invited to confirm your participation and choose your accommodation and food preferences here: <https://forms.gle/WdDzZChTMeaZdec9> .

Contribution: Participants will be invited to cover their costs on site (on average € 187 per day all inclusive for accommodation, food, access to pool & spa). Payments will be made directly to the host Nico Luce. The program curation and facilitation are being provided by Elise Buckle on a pro-bono basis as a special gift to you and the Earth. If you want to provide additional support, you can make a free donation to [Climate Bridges](#), as Not-for-Profit organization.

Your hosts and facilitators: [Elise Buckle](#) Facilitator & [Nico Luce](#), Host on Site.

What now:

- Reserve your space for confirmed participants by registering via the Luma link and connect with your Facilitator and Host to start planning your stay
- Share any specific needs or requests for travel and food
- Be ready for embarking on a truly transformative journey. This retreat is just one point on a bigger journey. By signing up, you also have free access to a one-year membership, becoming part of the Climate Bridges community.
- Feel free to share any suggestions or inputs into the program retreat. During the summer solstice celebrations, participants are welcome to share musique, songs or any other offerings based on personal talents and gifts.

Proposed Schedule:

Wednesday evening: Opening Circle

17:00 Welcome on site – You have arrived !

18:30 Light dinner together

20:00 Opening Circle

- A. Introductions
- B. Community principles for the retreat as a space of co-creation
- C. Orienting to the schedule, review the program, sign up to lead activities

21:00 - Mindfulness & yin yoga relaxation, musique and sounds

Thursday - Planting

08:00: Mindfulness practice

09:00: Yoga practice in movement

10:00: Brunch

11:00: Circle of intention

- Special reading
- Circle of trust sharing your intention: “What are the seeds you'd like to plant during the retreat and beyond?”

12:30 – 15:30: Free time

- Reflecting, resting, enjoying some free time or practicing walking meditation in nature
- Options to enjoy the swimming pool, steam room or naps

15:30- 18:00: Sight-seeing

- Visit of the prehistorical painting

18:30: Light dinner together

21:00: Mindfulness & yin yoga relaxation, musique and sounds

Friday – Nurturing

08:00: Mindfulness practice

09:00: Yoga practice and movement

10:00: Brunch

11:00: Circle of appreciation

- Special reading
- Circle of trust sharing your appreciation: “What are the things you appreciate in yourself, in others, and in the world around you?”

12:30 – 15:30: Free time

- Reflecting, resting, enjoying some free time or practicing walking meditation in nature
- Options to enjoy the swimming pool, steam room or naps

15:30- 18:00: Sight-seeing

- Visit of the local Village de Charme

18:30: Light dinner together

21:00: Time to reflect on your vision board

Saturday: Harvesting & Celebrating

08:00: Mindfulness practice

09:00: Yoga practice and movement

10:00: Brunch

11:00: Circle of individual and collective vision

- Special reading
- Circle of trust sharing your vision for the future: “What are the things you want to let go? What are the seeds you want to grow further? Where do you see yourself in 1 year, 5

years, 10 years, as an individual and as a community including your closest family members, friends and colleagues ?”

13:00 – 15:00: Free time

- Reflecting, resting, enjoying some free time or practicing walking meditation in nature
- Options to enjoy the swimming pool, steam room or naps

15:00- 18:00: Sight-seeing

- Hike to a local summit with extended views on the hills and landscape around

18:30: Dinner together

21:00: Spring to Summer celebrations

- *In advance, prepare something short & meaningful: a prayer, song, story, movement, object from your tradition related to light, sun, solstice, seasons, renewal.*
- Opening
- Cultural sharing – starting with 4-6 people
- Collective ritual

Sunday morning: Moving on

8:00 – Mindful practice

9:00 - Wrapping up suitcases and rooms - Community Support to Host

10:00 – Brunch together & farewell circle

11:00 - Check-out and departure

~~~~~

What to bring for participants:

- Your heart, mind and smile (-😊)
- Comfortable clothes including yoga clothes
- Bottle of water
- Hat and sun protection
- Hiking shoes
- Swimming suit
- Notebook and pencil

### Be One Retreat - Participants' List

| No. | Name                     | Affiliation                                                                     | Accommodation                        | Transport                   |
|-----|--------------------------|---------------------------------------------------------------------------------|--------------------------------------|-----------------------------|
| 1   | Lisa Wolffhugel          | Impact & Sustainability, Microsoft                                              | Quadruple                            | Carpooling                  |
| 2   | Karlee Schnyder          | Climate Bridges Board Member; Real Food Systems Director                        | Private room                         | Carpooling                  |
| 3   | Marie-Antoinette Micheli | President of the Green Alliance Switzerland; City Councilor, Satigny            | Double room with Laura               | Carpooling                  |
| 4   | Luis Morago              | Senior Director of Team Development and Learning, Avaaz                         | Tent                                 | Driving from Spain          |
| 5   | Claire Verplanken        | Plum Village community practitioner; psychologist                               | Tent; weekend only with her daughter | Driving from Toulouse       |
| 6   | Natalie Boudou           | CEO, HumanForce; Leadership and Resilience Coach; IMD; Top 15 Coach Switzerland | Private room                         | Flying from Mallorca        |
| 7   | Alejandra Osio           | Fundraising and Impact, Climate Bridges                                         | Quadruple                            | Carpooling                  |
| 8   | Lisa Smith               | Fundraising and Partnerships Lead, 2X Global                                    | Private room                         | Train from Paris            |
| 9   | Jean-Denis Borel         | Film Producer; Mindfulness Facilitator                                          | Quadruple                            | Carpooling                  |
| 10  | Estrella Lajom           | UN expert on migrations                                                         | Double room with Elise               | Flying from Vienna/Mallorca |
| 11  | Katherine Foster         | Food Systems Expert; Climate Bridges Board Member                               | Private room                         | Flight                      |
| 12  | Elise Buckle             | Founder/CEO, Climate Bridges; Convener and Facilitator for the retreat          | Double room with Estrella            | Carpooling                  |

|    |             |                                                          |                                                         |                    |
|----|-------------|----------------------------------------------------------|---------------------------------------------------------|--------------------|
| 13 | Laura Cook  | Global Director of Policy & Narrative, Project Dandelion | <b>Private room to be booked in Bed &amp; Breakfast</b> | Flying from the UK |
| 14 | Laura Rogez | Strategic Partner – Europe, Alliance for Good            | Double room with Marie-Antoinette                       | Carpooling         |

### Confirmed participants- including **Transport & Accommodation**

1. Lisa Wolffhugel, Impact & Sustainability, Microsoft - **Carpooling - Quadruple**
2. Karlee Schnyder, Climate Bridges Board Member, Real Food Systems Director - **Carpooling - Private room**
3. Marie-Antoinette Micheli, President of the Green Alliance Switzerland, City Councilor Satigny - **Carpooling - Double or ideally Private (to be booked in Bed & Breakfast if space available)**
4. Luis Morago, Senior Director of Team development and Learning, Avaaz - **Driving from Spain - Tent**
5. Claire Verplanken, Plum Village community practitioner, psychologist - **Driving from Toulouse - Tent (week-end only with her daughter)**
6. Natalie Boudou, CEO HumanForce, Leadership and Resilience Coach, IMD, Top15 Coach Switzerland - **Flying from Mallorca - Private room**
7. Alejandra Osio, Fundraising and Impact, Climate Bridges - **Carpooling - Quadruple**
8. Lisa Smith, Fundraising and Partnerships Lead, 2X Global - **Train from Paris - Double room (?) TBC**
9. Jean-Denis Borel, Film Producer, Mindfulness Facilitator - **Carpooling - Quadruple**
10. Estrella Lajom, UN expert on migrations - **Flying from Vienna - Private room**
11. Katherine Foster, Food Systems Expert, Climate Bridges Board member - **Flight - Private room**
12. Elise Buckle, Founder/ CEO Climate Bridges, Convener, Facilitator for the retreat - **Carpooling 1- Cottage or off site room (to be booked if space available)**

13. Laura Cook, Global Director of Policy & Narrative, Project Dandelion - Flying from the UK- Double or ideally Private (to be booked in Bed & Breakfast if space available)
14. Laura Rogez, Strategic Partner - Europe, Alliance for Good - Carpooling - Double room