



ETNA

SICILIA 5-12 OCTOBER 2024

Amidst volcanic rock and dark, fertile soil where the sweet chestnut trees, the vines, bracken, and moss thrive, we will tap into eco-mythological springs to remember and enliven somatic animistic wisdom.

Join us to meet Mount ÆTNA as a conscious entity, honing our ability to tune into her subtle, chthonic, nonverbal rhythms.

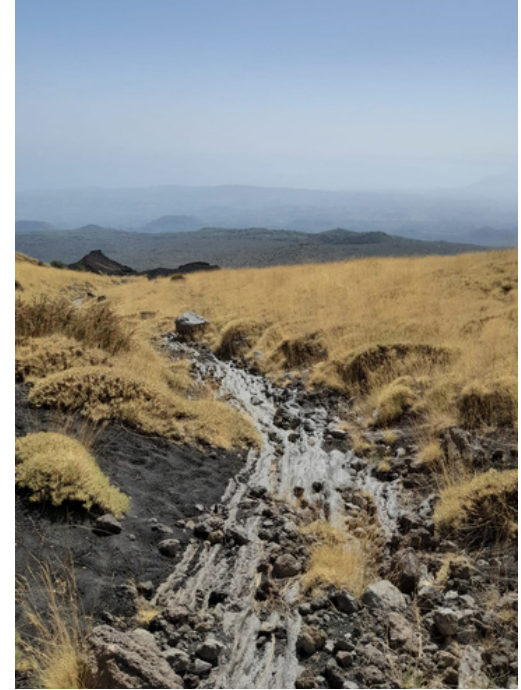
ÆTNA From either Ancient Greek Aítnē, “Aetna” or aíthō: I burn, or from an ancient sicilian dialect aiŃ-na: fiery one.



# PROGRAM

- hikes around various craters of the Etna.
- learn geomantic (earth energy) practices, connecting to chthonic&stellar wisdom of the island and the surrounding Mediterranean sea.
- soma~imaginative exercises - learn practices to unlock 'exiled capacities' within our body and deepen our conscious connection to the Anima Mundi and nature's intelligence. Practicing sensory perception and communication with mineral and plant consciousness.
- delve into the myths and stories of mount Etna and its surroundings.

It is said that Hephaestus the ancient craftsman of the underworld, works his anvil within the chthonic depths of Mount Etna



# ITINERARY

**Day 1** Saturday 5th Oct. // Meeting in Catania city centre between 15:00 - 16:00pm. Transfer of the group to Rifugio del Etna

**Day 2** Sunday 6th Oct. // Hiking the Etna - Crater of 2002, picnic lunch at rifugio Timpa Rossa

**Day 3** Monday 7th Oct. // Hiking the Etna  
Transfer to Villa Trecastagni in the afternoon

**Day 4** Tuesday 8th Oct. // Shamanic and geomantic theory and practice day

**Day 5** Wednesday 9th Oct. // Agrimusgo & the bosque de Malabotta

**Day 6** Thursday 10th Oct. // Hiking the Etna

**Day 7** Friday 11th Oct. // Shamanic and geomantic theory and practice day

**Day 8** Saturday 12th Oct. morning // Farewell & transfer to Catania



# YOUR HOSTS



Karmit is an artist and shamanic practitioner whose practice revolves around the dynamic interactions between humans and the non-human world. She has been working with earth energies and shamanic practices for over 20 years and guiding people into a deeper relationality with various landscapes.

[www.earthspeaks.net](http://www.earthspeaks.net)

Franci is from Catania, Sicily, and is deeply rooted in the vibrant culture and natural wonders of her homeland. Growing up in the shadow of Mount Etna, she developed a profound connection with the volcano and the stunning Sicilian landscape that surrounds it. Franci takes care of the logistical organization.



Orazio has been up and down the Mountain with his father since he was 8 year old, and guiding volcanologists and Etna researchers all his adult life. He has seen the volcano in all her liquid and solid states and has endless stories to tell about her.

## Accommodation

2 nights @ Rifugio del Etna in shared rooms (3-4 per room) & 5 nights @ Villa Trecastragni in shared rooms (2 per room).

## Meals

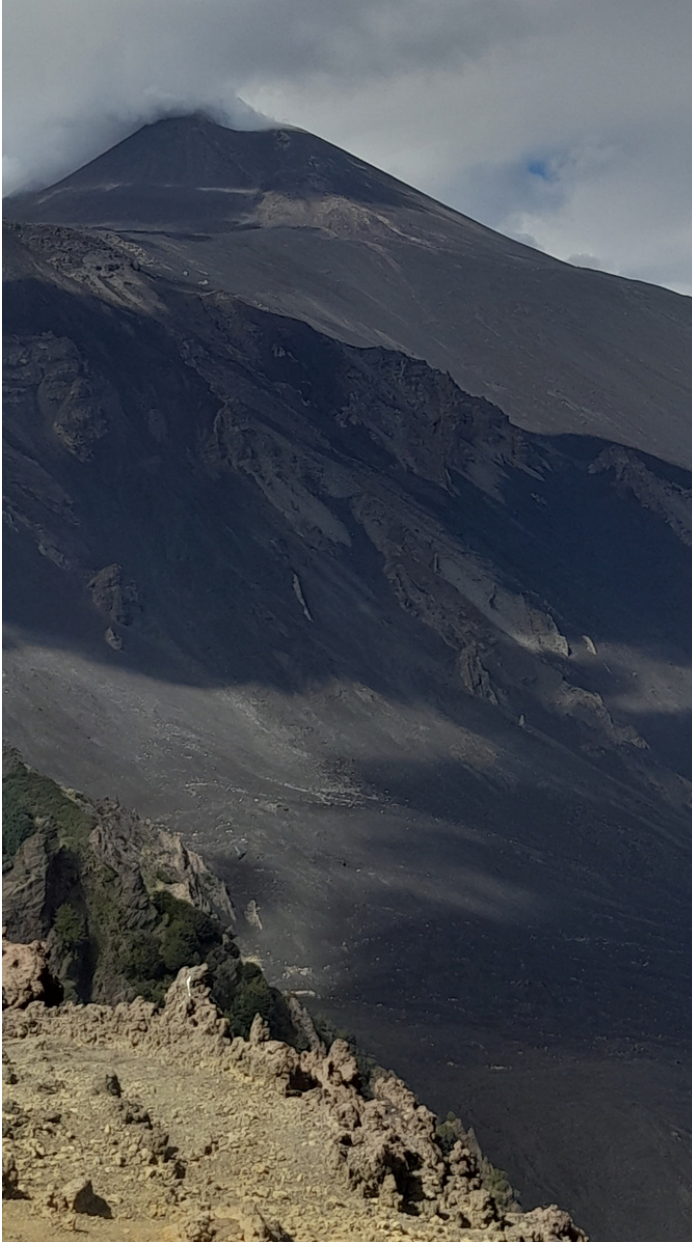
Breakfast, light lunch / picnic as well as 4 evening meals will be provided. Please let us know if you have any special dietary requirements.

## Travel

Nearest airport is Catania. From the airport there is a 10 minute bus to Catania city centre where we will meet and be picked up by our driver to begin the journey.



*Villa Trecastragni*



Fee €1350

Early Bird fee for those signing up before 30th June: €1250

Places are limited to 8 participants and will be allocated in order of booking.

The fee includes Tuition and guides, 7 night accommodation, local transport, cable car, meals (breakfast, light lunches and 4 x evening meals)

Not included Travel to Sicily, travel insurance, 3 x evening meals in local restaurants.

Itinerary is subject to change

# registration form:

<https://forms.gle/QKEoHGXdzqRHPc2eA>



