



Nahui Olin

RETREAT

Stockholm Sweden
10-12 JULY 2026

Chanupa Circle · Sacred Song Workshop ·
Sonaja Workshop · Temazcal

**CUATRO
VIENTOS**

STARSEEDERS



NAHUI OLLIN

Nahui Ollin is an expression from the Nahuatl language of Mexico. In its literal translation, it means “four movements” (nahui = four, ollin = movement). It is one of the most profound and symbolic concepts in the Mexica worldview, associated with time, transformation, and balance.

Activity Schedule

Friday, July 10

16:00 — Participants arrival
17:00 — Chanupa Circle
18:00 — Song Workshop
20:00 — Temazcal

Saturday, July 11

Sonaja (Rattle) Workshop
Song Workshop
Altar preparation
Temazcal

Sunday, June 12

Sharing circle and
closing Pipe / Chanupa Ceremony.



Friday,
July 10

Chanupa **Circle**

The chanupa is a pipe considered a sacred instrument in this tradition, used for prayer with tobacco. The chanupa circle is an ancestral ceremony, a moment of silence and connection, and an opportunity to learn about the tradition.



Song **Workshop**

In this workshop, participants will learn the “Cantos a Los Rumbos” with Mariana Noronha. Seven songs have been selected by the artist, one for each direction. It is an opportunity to explore the power of the voice, the songs, and their meanings.



Foto: Renacio



Foto: Cuatro Vientos



Foto: Cuatro Vientos



Temazcal

Temazcal is a sacred ceremony originating from the Indigenous cultures of the Americas. The ceremony takes place in a dome-shaped structure with a small opening for entry and air flow. The space is heated with hot stones, which are sprinkled with water to create heat and steam.

This ceremony is based on the blessing and purification of the human being. Through the sacred element of water and the heat of life, the body releases toxins through sweat, while the warmth and steam help release negative emotions, relieving stress and promoting well-being.

It is considered a ceremony of purification and rebirth.

THERE WILL BE TWO TEMAZCAL CEREMONIES DURING THIS GATHERING, AS TRADITIONALLY DONE: ONE TO OPEN THE EVENT AND ANOTHER TO CLOSE IT.

Saturday,
July 11

Sonaja (Rattle) Workshop

The sonaja (or rattle) is one of the oldest instruments in human history, with records dating back more than 4,500 years.

Found in many cultures around the world, it accompanies songs, dances, and ceremonies, helping sustain rhythm and presence.

Traditionally made from wood, gourds, seeds, or stones, its simple and pulsating sound creates a rhythmic field that encourages listening, focus, and collective participation.

Studies in neuroscience show that repetitive rhythms can influence brain activity, helping promote relaxation and states of presence.

In this workshop, each participant will build their own mini sonaja using gourds and wood brought from our atelier in Brazil, and learn simple ways to play it and integrate it with song.

These images are for illustrative purposes only. Each of our sonajas is unique and one of a kind.





Participation and Contribution Options:

LOCATION: STOCKHOLM,
SWEDEN — WE WILL SEND
THE LOCATION

LIMITED SPOTS AVAILABLE

Full gathering participation:

Minimum contribution:
€290

Fair contribution: €360

Abundant contribution:
€430

Registration and reservations:

Contact Bia on WhatsApp:
+55 11 99889-6094

It is possible to participate in
the full gathering or in
individual activities.

**Please let us know in
advance.**

If in any way you feel called to
participate and are unable to
contribute the suggested
amount, please get in touch.
We have a few spaces
available for exchange.



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