



## SPIRIT PLANNING INTENSIVE TRAINING

7 DAYS IN THE HEART  
OF THE RAINFOREST

WHERE THE ANCIENT WISDOM OF NATURE & FENG SHUI MEETS  
MODERN WESTERN ARCHITECTURE

by Kathrin Schmack  
Creator of Spirit Planning

APRIL 23RD-30TH, 2024  
OSA PENINSULA, COSTA RICA

with Guest Maria Milagros Kowalski  
Shamanic Healer

# SPIRIT PLANNING RETREAT ONLINE-INFO EVENT

Venue:

Osa Peninsula de Costa Rica

Dipl.- Ing  
Kathrin Schmack

**JOIN THIS FREE  
ONLINE EVENT**

- + Interior Architect
- + Feng Shui Master
- + Invented Spirit Planning
- + authorized member of the Chamber of Architects NW

- + Board member of the Association of German Architects VDA NW
- + Member of the Association of German Interior Designers BDIA

- + Lecturer at the University of Applied Sciences Düsseldorf

## Designing the NEW EARTH together with the spirits of nature.

### - Here's all about our retreat

- In this 1-hour free online event, we will introduce the retreat in Costa Rica.
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- Planned schedule:
- Kathrin Schmack and Maria Milagros introduce themselves personally // 10 min.
- What is SpiritPlanning // 10 min.
- What can participants expect at the retreat // 10 min.
- Questions and answers // 30 min.

*The SpiritPlanning- training is aimed at **female architects** and women from the construction industry who want to set out on the path to bring about real change and actively help shape our NEW EARTH as CoCreators.*

*The regular planning process is enhanced by a 6.000 year old traditional teaching, creating a powerful foundation for the future of humanity and nature. SpiritPlanning is a holistic, sustainable approach that teaches how to weave the individual into the creative tapestry between heaven and earth. The changes are vital and profound, and they lead into a harmonic future of work and life.*

The retreat is divided into two modules - Practitioner and Master - which build on each other. In both modules, Kathrin Schmack shares her expertise from over 20 years of experience with SpiritPlanning and combines the content with important methods from personal development. Based on her personal story and real case studies from everyday life as an architect, a strong connection to reality and fast, inspiring learning is achieved.

Through her plannings and consultations Kathrin has already guided many people in creating their home aligned to their true nature. Her clients and customers are living daily a fulfilled life due to the harmonious living spaces that create the best environment for fulfilling all the areas of their lives. By creating taylor-made sanctuaries she is aligning the forces of the universe and making it a solid building structure that is in harmony with the universe.

This wisdom will help us to remember, that the universe, with the earth in it is our bigger home, in which we have our houses and then we live in our bodies, everything is nested within each other like a Russian doll. Spirit Planning is like that invisible thread that is holding everything together putting everything in harmony. You cannot see it but it is there, woven into everything that surrounds you, the furniture, the walls, the trees, the birds, the minerals, the water, us humans. SpiritPlanning is like a symphony, that is created in harmony and peace. We start constructing buildings that stop looking away from nature.

The modern built world turned away from the soul and the forces of nature. We have to look back into nature, into the hidden soul of nature, and from there we can build and create a strong future of architecture for all of us.

*Kathrin Schmack*



## Guest:

Maria Milagros Kowalski is a shamanic healer.

She will accompany the retreat by supporting us on our personal journey towards our true primal nature.

She will enrich our retreat with wonderful ceremonies and inspiring rituals.

"It's my honor and real pleasure to unite with Kathrin Schmack to hold space and guide you into the sacred ceremonies during our journey to Costa Rica. A life changing experience for all.

Woman, we are keepers and givers of Life which makes us the most valuable asset to the Earth's future as we are in essence the great Mother. We are being called to remember and embody the feminine wisdom so we can walk as an ancestor for all of the future generations.

There's no separation between women and the Earth and when we return to our state of love and alignment with Her we will recover our voice, our worth, our joy and responsibility as a conscious co creator in the world."

*Maria Milagros*

<https://mariamilagros.soy/en/>