



UR Travels ||
WakeUp Retreats ||
Holland America Line

Solace

Awakening Retreat, Norway

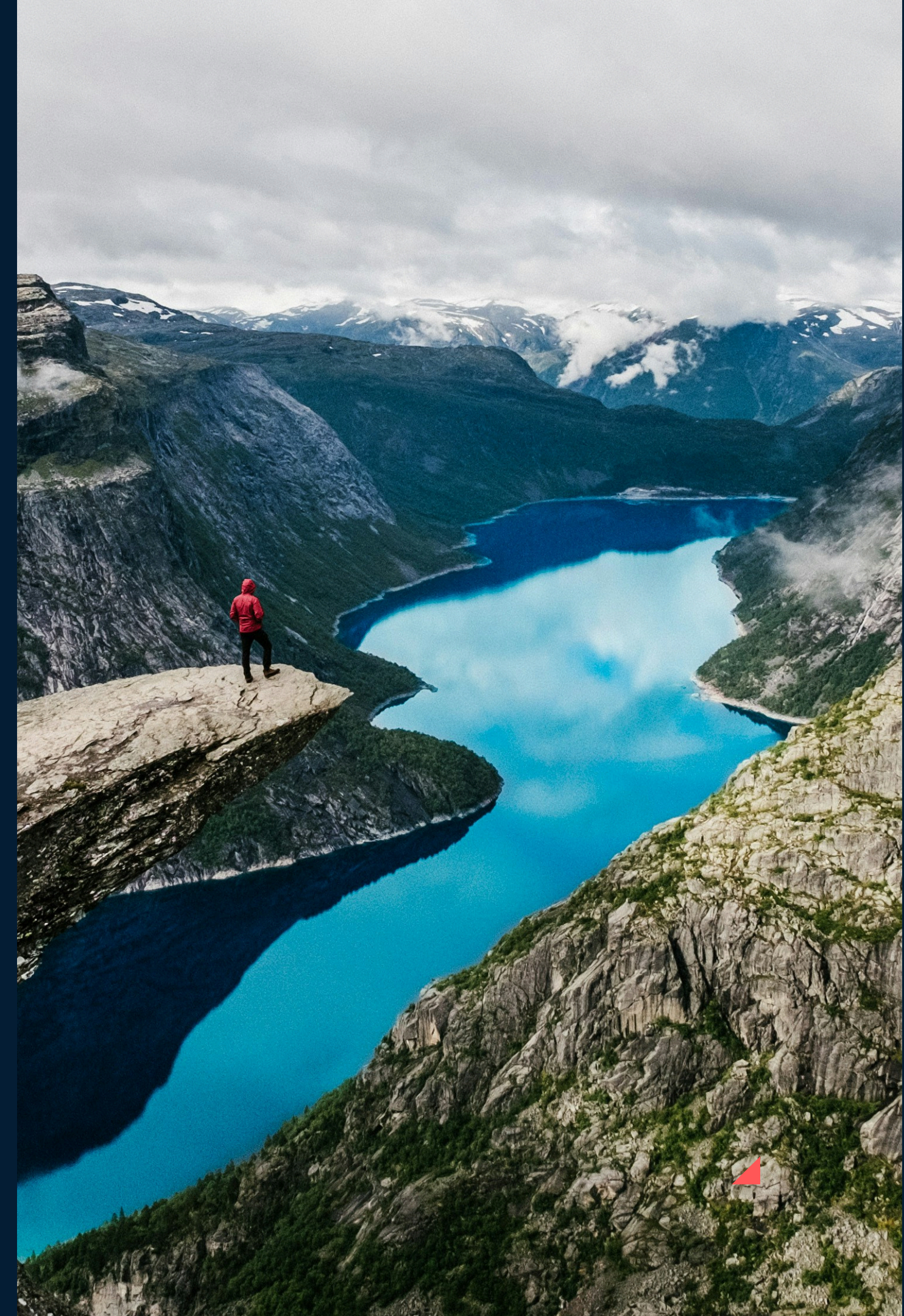
Immerse yourself in stillness & silence | 7 nights

Cruise the crystalline fjords beneath the Northern Lights

31 October - 07 November 2026



Suzi von Mensenkampff





step into stillness

*Sail from
Rotterdam,
The Netherlands.*

7-DAYS NORWEGIAN FJORDS WITH NORDFJORD

HOLLAND AMERICA LINE

Spacious and elegant ships.

Unmatched hospitality for over 150 years.

Join us for an unforgettable experience



Awaken something deep within



The journey is the destination



Restore Your Body

Experience deep rest and gentle movement. Reset your body's natural rhythm. Rekindle your appetite for life, immersed in nature; restore balance and harmony.

Calm Your Mind

Rest in being as you experience profound peace. Sunrise meditation on board as the ship meanders slowly between the Fjords. Go deeper into your own stillness and silence.

From Rotterdam into the heart of Norway

Eidfjord

- Cruise the Nærøyfjord by authentic "slow boat"
- Marvel at the majestic Vøringsfossen waterfall
- Ride the Flåm Railway through scenic terrain

Nestled at the innermost end of the Hardangerfjord and surrounded by mountain cliffs, lush valleys, and cascading waterfalls, Eidfjord is a haven for nature lovers.

Ålesund

- Discover Norway's iconic Troll Path and Troll Wall
- Explore the Atlantic Sea Park saltwater aquarium
- Peruse the Art Nouveau Centre's unique exhibits

One of the few remaining Art Nouveau towns in the world, this picturesque cruise destination's breathtaking fjord views and pastel façades make it a beloved stop on Northern Europe cruises.

Bergen

- Walk along the colorful, UNESCO-listed Bryggen
- Travel up Mt. Fløyen via the Fløibanen funicular
- Visit the lively 13th-century outdoor Fish Market

Bergen's seven forested mountains and glacial fjords create a natural amphitheater as impressive as its maritime history, making this "second city" a must-visit on fjord cruises.



savour the sunrise





daily rhythm

Expect the Extraordinary

Meditation • Dream Yoga

Guided meditations. Light activation practices inspired by Aurora Borealis. Dream yoga initiation and integration.

• Modern Clarity

The Intuitive Reset: 1:1 sessions focused on clearing "mental fog" and strengthening your own inner voice using Vedic techniques.

• Your Perfect Sanctuary

Relax in elegant suites - sea breezes from a private balcony, sweeping panoramas from an Ocean View or the comfort and storage space of an Inside stateroom.

• Guided Explorations

Discover the best of every destination with authentic, optional, shore excursions and experiences.

This journey is for you if...

*you feel
ready to
pause...*

reset...

*and return to
yourself.*



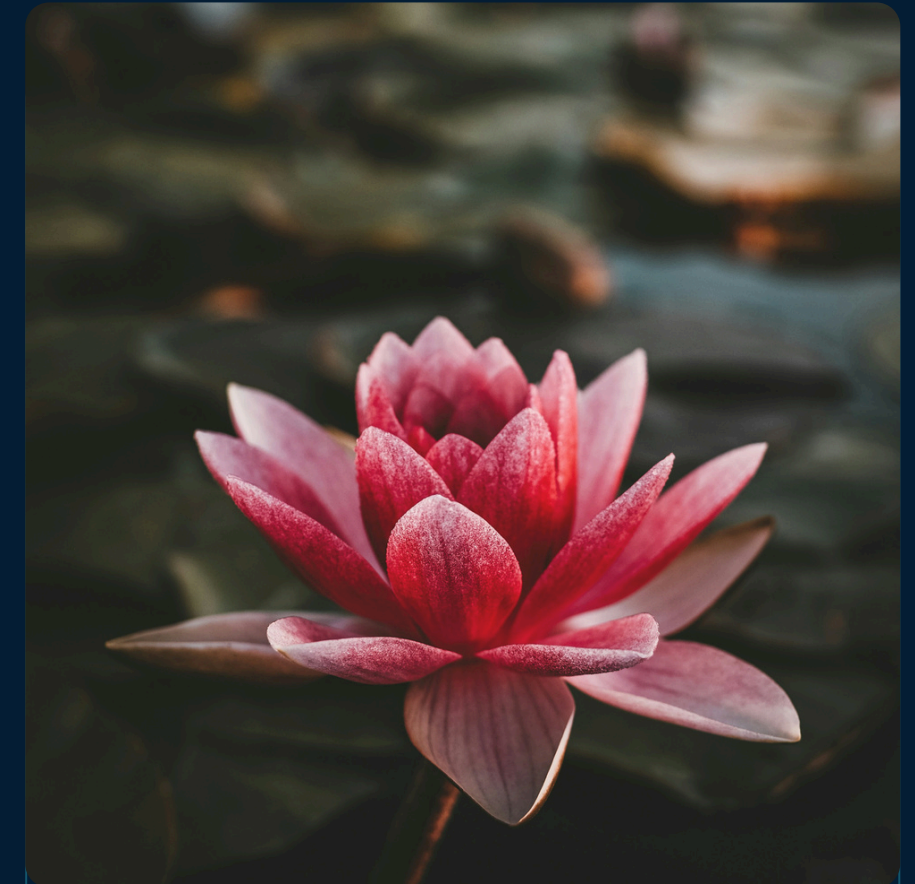
Reset your natural rhythm

Slow down, reset and rekindle your natural biorhythms. Sleep deeply and wake up feeling truly refreshed.



Journal, reflect and return

Reconnect with your inner self. Let Dream yoga increase your clarity and inner calm, as you release mental and physical tension.



Embrace the wild

Immersed in the serene beauty of the natural world. Emerge feeling grounded, present, and rebalanced.

Where stillness deepens into silence...
and the dream reveals itself



“In Norway, the glaciers sing ancient songs, whispering tales of a land untouched by time.” – Jo Nesbø



Eidfjord



Hardangerfjord

Ålesund



Bergen



untouched
natural
wonders



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testimonials



Sail aboard a premium vessel from Holland America Line

Include:

- Elegant cabins
- Ocean views
- Spa & wellness facilities
- Nourishing cuisine
- Spacious decks for quiet reflection



“I arrived exhausted and left with a sense of clarity I hadn’t felt in years. The stillness, the space, and the way everything was held so gently—it stayed with me long after I returned home.”

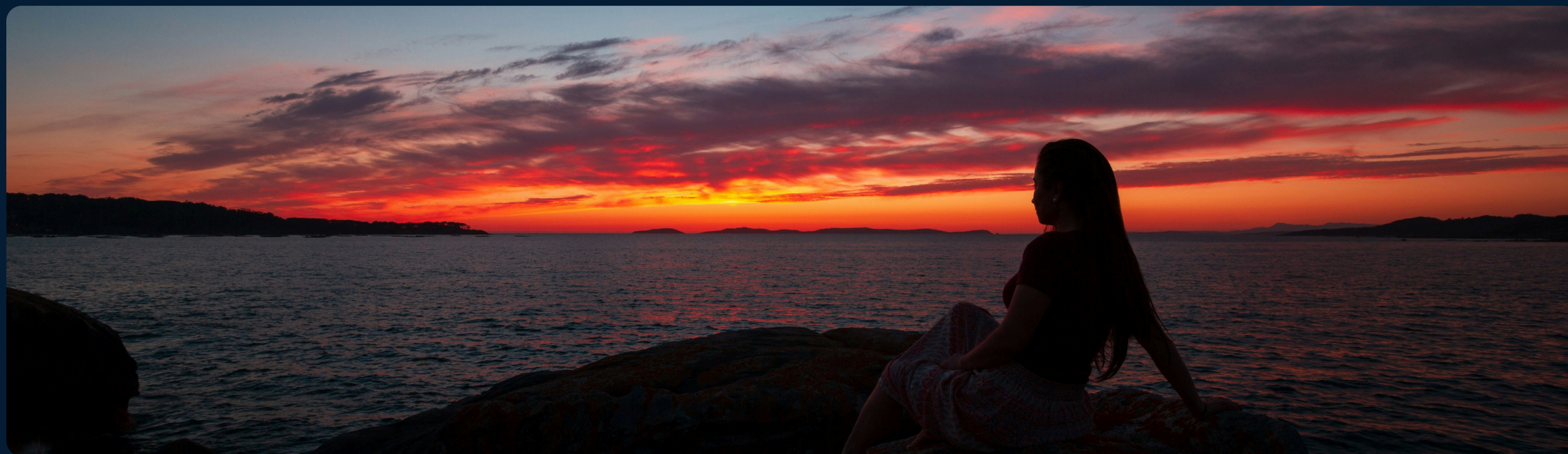
Clare, London, UK



“The combination of nature, meditation, and your guidance created a quiet transformation. It didn’t feel dramatic—it felt real. Grounded. Lasting.”

Claudia, NY, USA

Your Sanctuary, Our Passion



"Because you deserve an escape that's as wild as it is restorative."

"In Norway, the seasons unfold like intricate tales, each with its own magic and mystery." – Herbjørg Wassmo



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Solace : our vision

A floating retreat into stillness, light,
and the Northern sky.

Sailing from Rotterdam into the Norwegian fjords,
this is a journey designed to help you pause,
reset, and reconnect.

Days shaped by rhythm rather than urgency —
sunrise meditations, ocean air, deep rest, and evenings
beneath vast northern skies.

This is not just a retreat.

It is a return. If you've been feeling the call to slow down,
to step away,
to listen more deeply...



See You
Onboard

*“Norway, where the sea and the mountains
embrace, creating a landscape that stirs the
soul.” – Lars Saabye Christensen*





Suzi von Mensenkampff

Holistic Retreat Guide



WakeUp Retreats Irl.

Meet Your Retreat Guide

Suzi is a holistic retreat specialist, founder of Wake Up Little Suzi. Her global retreats combine Meditation, Ayurveda, Dream Yoga with intuitive practices to support people in reconnecting with their own inner rhythm. Wake Up Retreats create spaces that are gentle, grounded, and deeply restorative. A space where you can slow down, feel supported, and return to yourself in a way that feels natural and real.

Let's Connect on Zoom | Free Discovery Call

All Inclusive Packages Starting From:

- Inside Stateroom - \$1689.00 p/p
- Stateroom with Private Balcony - \$1983.00 p/p
- Signature Suites - \$2629.00 p/p

Booking Deposit - \$575.00 per person sharing



Ursula Cooper



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