

@hjempportblanc



SUMMIT FOR THOSE WHO  
LEAD WITH THE HEART  
16-19 APRIL BRITTANY  
FRANCE



## WHY AND WHERE

# Are you seeking strong, heartfelt, and informative collaboration?

Let's gather around a deeper truth: that most perspectives carry validity. In a world of health and wellbeing that can sometimes become divided by methods, labels or details, we choose to come together instead. We join to understand—so we can support the evolution of individuals and the corporate collective alike, across cultures and history.

There is a particular strength and energy that arises when people unite with a shared, **heart led intention**. When different nationalities, histories, cultures and the diverse fields we work in meet with openness and respect, something essential becomes clear: **in the end, we are all connected**. This is where real exchange happens—where questions and doubts are placed on the table, where perspectives meet and where we support one another across disciplines and nations.

From Thursday 16 April at midday to Sunday 19 April at midday, HJEM Port Blanc opens its doors in our wild, welcoming house by the sea in Brittany, just three hours from Paris. Here, silence is present. The landscape invites you to slow down, listen, and connect—both with yourself and with others.

This is a space to share practices, exchange ideas, ask honest questions, and be together in a present, alive, and “buzzing” rhythm. It is not a training and not a retreat. It is a raw, nourishing co-creation among peers, supported by short talks, focused breakout rooms, and a clear, productive program designed for real exchange.

You arrive with a question and with something to offer. This is a collaborative space where we cross fields, share lived experience and expertise, and learn from one another.

# WHAT BECOMES POSSIBLE IN OUR OFFERINGS WHEN WE NO LONGER WORK ALONE?

All sessions and moments throughout the day are held by one of the participants or invited guides. The summit is peer led, with shared responsibility, rotating voices, and no fixed hierarchy.

07:30 – Sea Swim & Yoga Awakening

We begin the day in the body. A guided sea swim for those who wish, followed by a gentle yoga awakening to warm, ground, and arrive.

09:00 – Shared Breakfast

Prepared and enjoyed together. Conversations unfold naturally across cultures, paths, and fields of work.

10:00 – Opening Circle

A shared landing. Intentions, questions, and themes for the day are placed in the space.

10:45 – Short Sharings

Two or three concise sharings (10 – 15 minutes each).

Lived experience rather than lectures. Perspectives rather than conclusions.

12:00 – Breakout Rooms

Small-group exchanges around real questions—leadership with heart, transition, doubt, responsibility, belonging, or change.

13:30 – Lunch & Rest

Seasonal meal. Time for walks, silence, rest, or informal connection.

15:00 – Shared Practice & Dialogue

Embodied or reflective practices followed by dialogue on how heart led ways of living and leading show up in real life.

17:00 – Integration Time

Writing, reflection, or one-to-one conversations. Space to let the day settle.

18:00 – Movement activity

19:00 – Cooking Together

Hands-on cooking together, guided by our HJEM chef, Marine.

20:00 – Dinner & Evening Exchange

Shared meal, happening, storytelling, silence, or open conversation.

A day could look like this ( note that the final program is curated once bookings are closed) and your intended offerings are shared.

## PRACTICAL INFORMATION...

- **Arrival:** Thursday, April 16 anytime. We start at 4PM
- **Departure:** Sunday, 19th after Brunch 1PM max.
- **Accommodation:** HJEM has 10 rooms. Shared rooms are warmly encouraged.
- **Sheets & towels:** Bring your own if you can. Otherwise, there's a 40€ fee

**Total costs 250EUR.** This is per person for the 3 nights and 4 days. Brunch and dinner. Payable by April 1<sup>st</sup> then latest.

**English will be the universal language.**

If you have a colleague, business partner or mentor that you think has the same values and see the advantage and benefits of sharing and togetherness please share.

## WHY JOIN US?

# Because wisdom deepens when it is shared and spread across cultures

“For me, it felt like a natural and resounding ‘yes’ to join the leadership gathering at HJEM in April. I believe that collaboration and the sharing of skills and knowledge can only support the collective growth of all attendees. I sense this gathering will be a beautiful opportunity to be nourished and inspired through a generous, carefully curated programme focused on inclusion and sustainability.

As a Self Mastery & Leadership Mentor with 25 years of experience in Reiki and energy alignment, I am delighted to share practical tips on the importance of energy hygiene, as well as offering Reiki ‘booster’ sessions to anyone who feels called.

Having had the privilege of working with Karin at HJEM before, I am truly thrilled to be joining this innovative and inspiring gathering”.

**Samantha Goddard - England - Self Mastery & Leadership Mentor.**

“I’m thrilled to join HJEM Port Blanc Summit because it feels like stepping into a true hearth, not just another programme. Karin has a way of holding space that is warm, inclusive, and quietly powerful, like she’s building a home for us before we even arrive.

What I find so powerful is the simplicity and integrity of the format.

And personally, I feel the deep strength of meeting other light workers with a common mission. When we come together with shared intention, something sacred happens: we remember our connection, we amplify each other’s clarity, and we stop carrying the work alone”.

**Mia Planck Bertelsen - Denmark- Founder of Aheartment.**

# CONTACT AND LOGISTICS

HJEM is a 3 hour train ride from Paris this allows for true pause and to escape noise.  
Fly into Paris or Nantes.

We will gladly help you organizing a taxi from the train station to Port-Blanc (20 minutes and roughly 50EUR).

NB: We close bookings and payments by April 1st.

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**Penvénan**

Heart to heart,

Karin

Organiser and creator of HJEM