

NATURE, ART & PERFUMES
BY BRAVANARIZ

Foraging for Creatives



Ignite Your Creative Spark

with Natalie Schrauwen & Ernesto Collado
3rd - 6th of April 2025

Be Landscape.
Cantallops /Alt Empordà

www.bravanariz.com

WORKSHOP RETREATS

The ultimate goal in the creation of all our workshops is to promote a new way of relating to nature, whether through perfumery or any other artistic and creative form.

They are designed to give you a truly immersive experience, awakening all your senses. For us, learning must go hand in hand with enjoyment and pleasure at all times. That is why we give a lot of importance to things that are vital to us, such as good food, beauty in all its forms (from the attention to design to the smallest detail when setting the table), time (quality of time) and, above all, the humanity and kindness of all the people who work to make it possible.

We put special emphasis on the practice. We like to do things. First, there is the experience, the physical experience from which then comes the theory. It is when you have experienced something and have been able to become intimate with the object of your study that the enriching questions arise. It is then that the theory can help us to consolidate the knowledge we have acquired through practice, and to develop our knowledge of the subject.

We like the workshop-retreat idea. Spending a few days in a privileged natural environment, isolated from our busy lives, sharing time and space with a group of curious and knowledge-hungry people gives the course an unusual intensity and level of concentration and attention.





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A Weekend Retreat to Reconnect and Create

Step away from the noise of daily life and immerse yourself in the tranquil beauty of nature. Hosted at Mas Flaquer, the heart of Bravanariz in the Els Aspres de L'Albera, this unique retreat invites you to explore the intersection of creativity, nature, and the senses. Through hands-on experiences, you'll reconnect with the natural world and rediscover your creative flow. Your journey culminates in a communal feast—a celebration of your newfound skills, shared ideas, and the joy of creation.

This retreat celebrates the beauty of flaws and irregularities, embracing the marks of the creative process. It's not only about gaining skills but also unlearning rigid methods to cultivate an intuitive approach. Natalie and Ernesto share a past in theater creation and dramaturgy which gives them a huge sense of storytelling and a great will for communicating.

Mas Flaquer is a regenerative agriculture project cultivating olive, almond, and fig trees while restoring native aromatic flora. The site also supports sustainable beekeeping (Bee Brave) and offers spaces for reflection, creation, and connection. Here, you'll experience simple, focused living surrounded by the scents, sights, and sounds of nature—a perfect refuge to awaken your creativity. From cooking the landscape and making wood-fired bread without recipes to olfactory captures and perfumes, distillations, dyeing fabrics with plants, ceramics, Land Art installations, or sound pieces... everything is possible in this workshop retreat where the only limit will be your imagination.

On the last day, we will co-create a collective and ephemeral piece. A sort of final artistic “ceremony” (call it installation, performance, or farewell lunch). A celebration of creativity that will express all that has been experienced and learned during those days.

This retreat is more than an escape—it's an opportunity to transform your creative practice, reconnect with the natural world, and forge lasting bonds with a community of like-minded individuals.

Natalie and Ernesto share a past in theater creation and dramaturgy which gives them a huge sense for story telling and a great will for communication. Reserve your place and embark on an unforgettable journey of creativity, intuition, and discovery.



Who Should Attend

This retreat is ideal for creatives (and those who want to be creatives) from all fields—writers, chefs, designers, artists, coaches, and more—seeking inspiration through sensory immersion. Beginners and seasoned professionals alike will find fresh perspectives and renewed energy.

What Awaits You

Foraging & Wild Plants

Embark on guided explorations of Empordà's rich landscapes to gather edible and aromatic plants. Experiment with ancient and modern preparation techniques, discovering new ways to interact with the environment.

The Art of Distilling and Perfumery

Work with Ernesto of Bravanariz to capture the essence of the season and landscape through scent. Learn to:

- Harvest inspiration for creative projects.
- Craft memories and emotions through aroma and flavour.
- Cook with unexpected ingredients like soil, ash, and bark.

Immersive Culinary Experiences

- Cook over an open wood fire.
- Harvest honey with the soothing hum of bees in the background.
- Celebrate the "terroir" in its purest form—directly from nature to your plate.

Fine-Tuning Your Senses

- Discover techniques to heighten your sensory awareness.
- Work with inspired creatives on personal or collaborative projects.
- Watch the stars in a breathtaking night sky or explore the subtle shifts in scents and sounds at dawn.

Natalie Schrauwen

Founder of ELDER and BRON, Natalie bridges the worlds of food science, foraging, and the arts. With a mastery of fermentation, wild cooking, and plant-based creativity, she fosters an intuitive, playful, and liberated approach to the culinary and creative arts.



Ernesto Collado Sala

Founder of Bravanariz, Ernesto blends his background in theater and perfumery with a deep passion for nature. His expertise in olfactory art and natural materials brings a unique perspective to creativity, storytelling, and sensory exploration.



Program

Thursday 3rd of April

Until 12:30h-Arrival

14h-Introducing the team and welcome speech

14:30h-Welcome lunch

16h- Afternoon harvesting walk

18h- Distillation (hidrolates and essential oils)

20h- Early Dinner

Friday 4th of April

7:30h- Watching the sunrise from the hill and sensing the termic change

8h- Morning exercises at the top of the hill

8:30h- Breakfast at Mas Flaquer

9:30h- 16h- Long foraging for material and creative exercises walk in nature, including picnic lunch in the wild

16h-Coffee break at Mas Flaquer

16:30h- Group work

19h-Break and free time

21h- Dinner

Saturday 5th of April

8h- Morning exercises

8:30h -Breakfast

9h-10:30h-Visit to the hives

10:30-Coffee break

11h-14h- Working on the final “ceremony”

14h-Lunch

16h-19.30h – Working on the final “ceremony”

21hh-Outdoors dinner on a fire-camp and night walk

Sunday 6th of April

8h- Morning exercises

8:30h- Breakfast

9h-14h-Preparing final “ceremony”

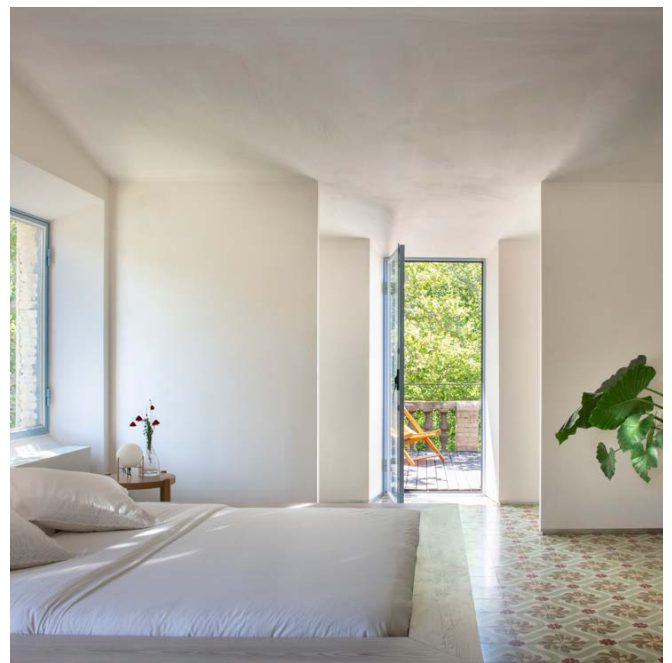
14h- Final “ceremony” / farewell lunch

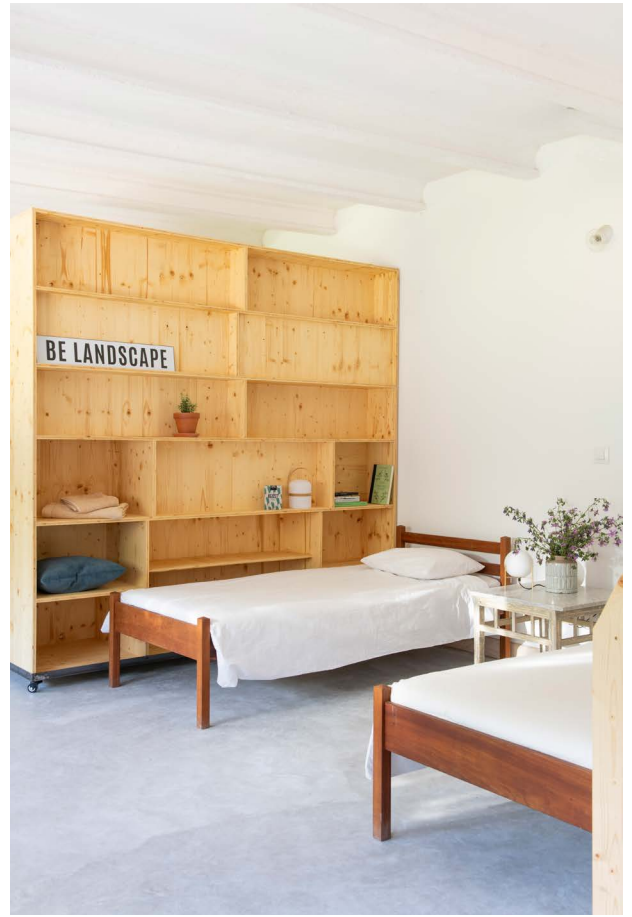
The lodgings

The buildings date back to the 18th century and the interiors have been restored with modern design and comfort. They consist of a main house, two flats and a romantic wild cottage in the middle of the olive groves. They can accommodate a wide range of visitors, up to groups of 10 to 14 people. We also have large communal areas where we will set up individual beds separated by bookcases, to accommodate you during the workshops. More information about the accommodation [here](#).



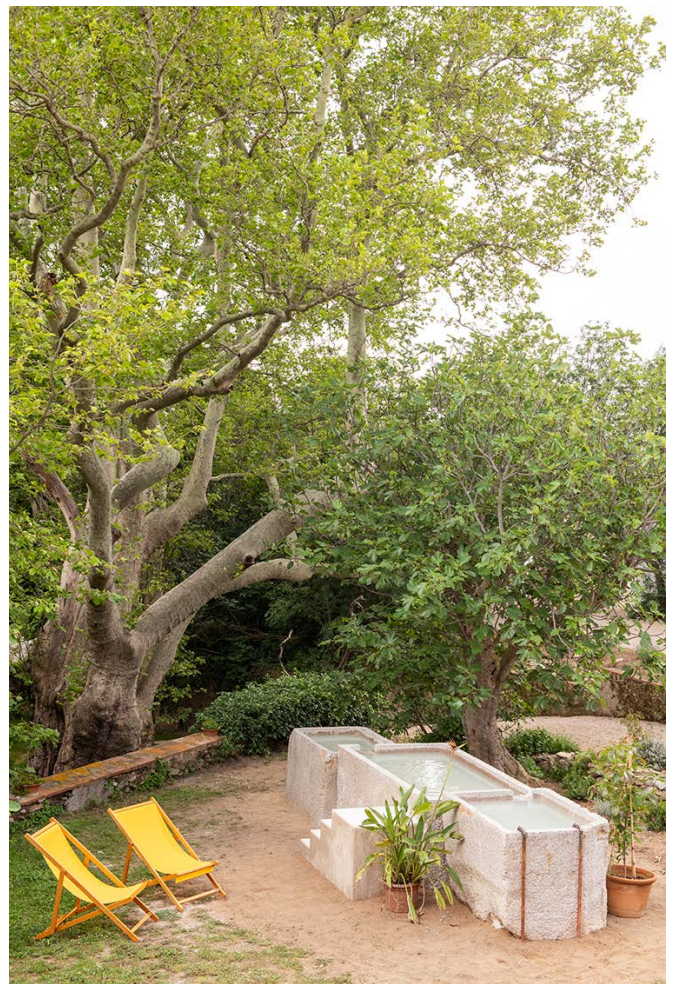
PRIVATE ROOMS





SHARED ROOMS

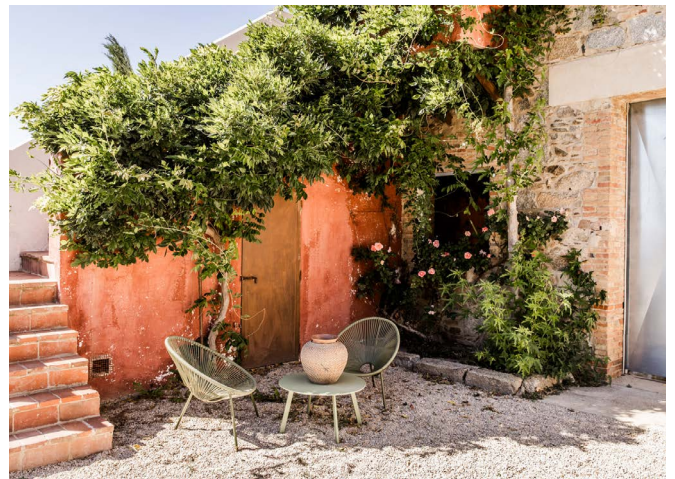




The Estate

Mas Flaquer is a beautiful regenerative farm of 8.5 hectares, located in the heart of one of the most beautiful and unknown rural areas of the **Alt Empordà** called Els Aspres de l'Albera. Here you will find **wild aromatic plants, olive trees, bee hives and an organically managed vegetable garden, an endless greenhouse, almond and fig trees, farm animals and a romantic shade garden with the oldest listed plane tree in Catalonia.**

This space is also the headquarters of Bravanariz, Europe's leading 100% natural niche perfumery brand, dedicated to capturing the essence of our Mediterranean landscapes and designing olfactory experiences. Its workshop is where most of its raw materials are made and where new formulas and products are developed. In short, a privileged space where you can **reconnect with nature and live unique experiences with the sense of smell as the protagonist.**



Specifics

LODGINGS

Shared bedrooms with shared bathroom: 40€/night

For private bedrooms contact us directly.

SPACES

Accès to all the Mas Flaquer instalations, library, gardens, etc.

AVAILABILITY

12 participants

FOOD AND DRINK

All food, drinks and coffee breaks are included in the price.

TRANSPORT

Shuttle car from Mas Flaquer to other lodgings in Cantallops.

We can organize a shuttle car for pick you up and drop off services between the train station and Mas Flaquer. Contact us directly for prices.

PRICE

Workshop - **850€**

Workshop + shared accomodation - **970€**

Workshop + private accomodation at Mas Flaquer: contact us directly.

Workshop + private accomodation elsewhere: contact us directly for suggestions.



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