

The Juice Fast Way to Peace and Clarity

7-day residential fasting retreat, October 29th - November 4th, 2012, Centre for Inner Freedom, Samsø

Fasting is a very powerful natural healing tool, allowing the digestion system to rest so the body can use it's energy to release and remove toxins, leaving the body lighter and healthier. Many of us are using food to avoid/stuff down difficult feelings and patterns that will actually only transform if we give them our full attention.

When we fast we are creating a space inside where greater peace and clarity can help address and embrace some of the more difficult aspects of ourselves. Just as a fast most often allows us to access higher frequencies and levels of consciousness – it is a beautiful journey through and with the body 😊



Some of the themes we will explore together on this retreat are:

- How are we using and abusing food?
- What is really sustaining us?
- What is the connection between food, thoughts and feelings?
- How can we learn to listen more deeply to the needs of our body?

We will work in many different ways – with silent/guided/dynamic meditations, teachings based on dialogue, Presence, sharing, body work, resonance work and other things arising in the space we create together. Facilitators are Cecil & Bruhn.



Tentative daily program

07.00 Voluntary energy Yoga (some days, depending on participants)
08.00 Morning juice
09.30 Morning session, teaching, meditations, resonance and body work
12.30 Lunch juice
13.30 Free time, siesta, walks etc.
16.00 Afternoon session, teaching, meditations, resonance and body work
18.30 Evening juice
20.00 Evening session, short meditation and resonance work
21.00 Goodnight



Arrival:

October 29th in the afternoon. You will be welcomed with a delicious juice and we will begin the retreat with an evening session circa 19.30-21.00.

Getting to Samsøe

You can catch a ferry from Kalundborg (Sealand) to Kolby Kås or from Hou (Jutland) to Sælvig. For detailed info regarding ferries see: <http://www.faergen.dk/>. We will book taxis from the ferries to the retreat centre if you tell us when you arrive.

From England: Ryan Air Flights leave from London Stansted Airport to Aarhus (Århus). To book go to www.ryanair.com

Airport bus to Aarhus train station leaves 15 minutes after flight arrival arriving at Århus train station. From there it's a 200 meters walk to the bus station (facing the train station go left down the road to the bus station to catch a bus to the ferry (ca 45 min ride).

You can also fly to Copenhagen and take the train to Kalundborg and a ferry from there to Kolby Kaas on Samsøe, but ferries are less frequent and longer from that side. Please let me know if you need help with planning the trip – I am happy to help. XXX Cecil

Venue: Centre for Inner Freedom, Sildeballe 17, 8305 Samsø
The retreat centre is built in two of the old stables on our farm located in the heart chakra of the island. It has 10 double/single rooms and shared bathrooms and toilets, beautiful meditation/teaching hall, a big garden, open fields surrounding it and great walks just outside the doors.

Food - Juice

October and November are abundant with fresh fruits and produce ☺ We will make fresh vegetable/fruit juices every day so that our bodies have all the nutrients, vitamins and minerals to carry out the toxins. We expect you to have phased out of eating when you arrive – we will tell you more in detail when you sign up! You are invited to lend a helping hand with peeling, juicing, cleaning etc. as we are self catering.

Payment and deposits

Course fee is 4.950 DKK including juice and board.

To secure a place we ask for a non-refundable deposit of 2.000 kr. Paid to account no 0536 3617129981 in Danske Bank.

For UK participants deposits of £220 (non refundable) can be sent by check to: Daniel Rounding, Bridge Cottage, 178 Henley Road, Ipswich, and Suffolk, IP1 6TA (tel. 01473 210090). The remaining sum can be paid by bank transfer or by check or cash at arrival on Samsø.

Departure

The retreat ends in the afternoon on the 4th of November. After the last juice everyone helps with cleaning and abundant hugging before leaving for the ferries.



Looking forward to explore the extraordinary healing power of the body with you ☺
Much love.

Cecil & Bruhn