

Being the Moment

December 27th – January 1st 2012/13, max. 16 participants

It is possible to stay for both the Christmas and New Year retreats. The day in between the retreats is free for those staying on. Some of the themes we will investigate in the retreat are:

- If all you are is just this moment – what would you do with it?
- How do you free your own potential in each moment?
- How do we transcend the noise of the mind – and unfold the magic of the now?
- What happens when time stops and there is just the Moment?



We will explore the astonishing power of each moment - through dialogue, silent and dynamic meditations, contemplative exercises, presence-, energy- and resonance work and other things that arise in the space we create together.

Tentative daily programme

06.30 Voluntary Yoga (some days, depending on participants)

08.00 Breakfast

09.30 Morning session, energy and Presence work

12.30 Lunch

13.30 Free time, siesta, walks etc.

15.30 Afternoon session, energy and Presence work

18.30 Dinner

20.00 Evening session, energy and Presence work

21.00 Goodnight



Arrival:

December 27th in evening. We expect you to have had dinner before you arrive – snacks and tea will be served. We will begin the retreat with an evening session circa 19.30-21.00.

As this is holiday season flights, busses and ferries are perhaps less frequent. So if needed we are flexible with regards to arriving a day early and/or leaving a day later ☺

Getting to Samsø on December 27th

You can catch a ferry from Kalundborg (Sealand/Sjælland) to Kolby Kås or from Hou (Jutland/Jylland) 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 - it's impossible to miss :o))

You can also fly to Copenhagen and take the train to Kalundborg and a ferry from there to Kolby Kås on Samsø, but ferries are less frequent and the trip is 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 is simple, vegan and as biodynamic as possible. You are invited to lend a helping hand with laying the tables, cooking, cleaning etc. as we are self catering.



Payment and deposits

Price is 4.200 DKK including food and board.

For Danes and others please contact cecil@innerfreedom.dk for payment of 2000 DKK non refundable deposit. For UK participants deposits of £200 (non refundable) can be sent by check to: Daniel Rounding, Bridge Cottage, 178 Henley Road, Ipswich, and Suffolk, IP1 6TA. Ipswich (tel. 01473 210090). The remaining sum can be paid by bank transfer, by check or cash at arrival on Samsø.



Departure

The retreat ends in the afternoon on the 1st of January 2013. After that everyone helps with cleaning and abundant hugging before leaving for the ferries.

Looking forward to explore the amazing now with you :o)

Much love

Cecil & Bruhn