

"Bay of Love", in the heart chakra of Samsøe Island

Pilgrimage/Retreat - "A journey through the Chakras", Samsøe Island, Denmark,
July 16th – 21st 2012

Samsøe has been called the new Iona (sacred island in Scotland) by Peter Dawkins, one of the leading landscape temple experts in the world.

The landscape temple of Samsøe has the structure of the seven chakras going from the root in the forest in the south island to the crown in the hilly north called "Top of Head" in olden times.

The powerful pilgrimage will take us through the chakras of the island and our inner landscapes. This includes 3 days of walking (approximately 12-15 km a day) with energy and Presence work in natural power places, teachings and Presence work in the evenings, plus 3 days of intense process work.

We will stay at Centre for Inner Freedom, a cosy retreat centre built on an old farm situated in the open landscape very near what the Vikings called "The Bay of Love" in the heart chakra of the island. The course will be in English if there are any English speaking participants.

SEE DETAILS AND JOINING INSTRUCTIONS ON THE FOLLOWING PAGES

Joining Instructions – Samsøe Pilgrimage July 16th – 21st 2012

A Journey through the Chakras

This is a 6-day retreat with 3 days of walking through the beautiful landscape temple of Samsøe. From south to north - from root chakra to crown chakra - approximately 12 km walking per day. During the pilgrimage we will do small ceremonies, Presence- and resonance work, chakra balancing, exercises, meditations etc in the different power places. It will be an outer journey along the coast through Samsøe's amazing landscape temple and a silent inner journey towards your centre.

On the Island the energy of the seven chakras manifest very clearly in nature. In the root chakra for instance you'll find the Brattingsborg Forest with its old beech and oak trees. In the heart chakra is the Stavns Fjord which the Vikings named "Bay of Love" and the crown chakra manifest in the hilly north of the island in what has been named Issehoved - or "top of head" :o).

You can see more pictures from some of the previous year's pilgrimages here:
[Inner Freedom Photo Gallery](#)

The pilgrimage will be combined with intensive process work at the retreat centre where we stay during all 6 days. We will be working with teachings based on dialogue, Energy and Presence work, physical exercises etc. Themes will be: deeper understanding of our chakras, our relationship with the Divine Nature and the great escape from the prison of the mind :o)

Arrival: July 16th around noon where we will start with an early afternoon check-in session with Presence work, practical information etc. Snacks and dinner will be served and then we will have an evening session circa 19.30-21.30.

Getting to Samsøe on July 16th

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/>

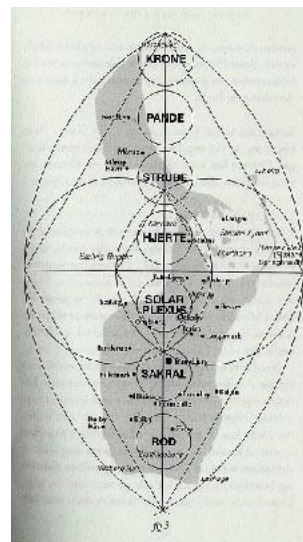
We will book taxis from the ferries to the retreat centre if you tell us when you arrive.

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 Samsøe

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, beautiful meditation/teaching halls, a big lush garden, open fields surrounding it and walking distance to good beach if you care for a swim in the ocean :o) 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.



What to bring for the pilgrimage

Small back pack (for lunch pack, water etc.)
Water bottle
Good walking shoes or sandals (broken in)
Swim suit + small towel
Sun screen
Rain coat (check the weather forecast)
Small/light thermarest or other thing to sit on for meditations and exercises (alternatively use your towel)
Energy bars, dried fruits etc

What to bring for retreat

Linen + sheet or sleeping bag if you prefer (duvets and pillows are there)
Towel etc.
An open heart :o)

Daily programme - pilgrimage (circa timings)

07.15 Breakfast + lunch packs
08.00 Departure Centre for Inner Freedom
08.30 - 16.30 Pilgrimage with energy and Presence work meditations, breaks, swims etc.
17.00 Coming back to Centre for Inner Freedom
18.30 Dinner
20.00 Short evening program with meditation resonance work
21.00 Goodnight

Daily programme other days

07.00 Voluntary Yoga (some days, depending on participants)
08.00 Breakfast
09.00 Morning session, energy and Presence work
12.30 Lunch
13.30 Free time, siesta, walks etc
16.00 Afternoon session, energy and Presence work
18.30 Dinner
20.00 Short evening session with meditation and resonance work
21.00 Goodnight

Payment and deposits

Price is 4.950 DKK including food and board.
For Danes and others please contact cecil@innerfreedom.dk for payment of 2.000 DKK non refundable deposit.
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. Ipswich (tel 01473 210090).
The remaining sum can be paid by bank transfer or by check or cash at arrival on Samsøe.

Departure

The retreat ends after lunch on the 21st of July. After that everyone helps with cleaning and abundant hugging before we leave for the ferries.

Much love to you all
Cecil and Bruhn

