

# Simply Living

**6-day residential retreat, July 23rd-28<sup>th</sup>, 2012, Centre for Inner Freedom, Samsø**

*"Being happy is very simple" ☺*

Why then, is living Life sometimes so complicated?! In this retreat we will investigate what is complicating our lives and what is moving us closer to unconditional joy and happiness.

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

- Why does mind insist on complicating our lives?
- Why are we listening to it?
- How can we simplify our Lives?
- What if simply living is enough to give us lasting happiness?

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.

We will also work in Nature (if weather permits) and watch Life simply unfold as it does effortlessly in each moment ☺

Facilitators are Cecil & Bruhn.

## **Tentative daily program**

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

## **Arrival:**

July 23rd in the afternoon. Dinner will be served around 18.30 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](http://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 Samsø, 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**

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**

Course fee is 4.950 DKK including food 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 28th of July. After lunch everyone helps with cleaning and abundant hugging before leaving for the ferries.

Looking forward to explore the simplicity of a happy life with you 😊  
Much love.

Cecil & Bruhn

