

# ”Skiing into Freedom”

## Combined skiing-, meditation- and Presence Work-retreat in the Italian Dolomites in the winter 2012

**The Flow-retreat:** To experience flow in different sports is for many people a fantastic thing. To be one with the skis, the snow, the mountains and to flow down the piste like a river is the reason that many people go skiing every year.

These peak experiences of unforced presence, spontaneity and joy are limited to shorter time windows as long as we are prisoners of the mind.

In this retreat we work towards setting you and your skis free – permanently!! To be free of the mind is to live in flow – in the present moment.



In the retreat we will have approximately 7 hours of skiing and 3-4 hours of indoor process every day. There will be teachings in Flow Skiing (1,5 hours per day), guided meditations, energy work and dialogues about living in flow with the universe. The course is based on experiential learning and even though several of the participants now have attended the course 4-5 times they continue to find new dimensions and deeper learning in the course. It is an adventure into the realm of sports psychology, flow and Presence Work.

Presence Work is a toolbox that allows us to cut through the evaluating, judgemental and noisy mind and enter a state of relaxed focus and inner freedom.



The spectacular Dolomites in which the retreat hotel is located

Regarding the skiing it is necessary that you are above the beginner's level (able to handle blue pistes without problems and come down red pistes). If we get 4-5 beginners signed up we will make a beginners team.

Regarding your spiritual path there are no conditions – all traditions are welcome, Atheists, Christians, Buddhists, Muslims, New Age, Jews etc. The tools, the meditations and the exercises only aim at making your own path unfold in a profound way.

The retreat is based on non-dogmatic and non-secteric principles. The language will be English the first week and Danish the second week.

**Time and daily programme:** There will be two groups (max 10 participants) this year – March 11-17 (6 days) and March 17-24 2012. The retreat takes place from evening on the first day to Saturday morning with 5 or 6 days on skis. You can choose to ski extra days and thereby have 7-8 ski days. The daily programme:

- 7.00-7.45 Morning session – light energy work and meditations
- 7.45-8.30 Breakfast
- 8.45-12.30 Flow skiing lessons (two teams – 1,5 hour)
- 12.30-16.00 Lunch and free skiing
- 16.00-16.30 Shower and getting ready for indoor process
- 16.30-19.00 Indoor process - teachings, meditations, energy work
- 19.00-21.00 Dinner in the restaurant
- 21.00-07.00 Free time – Good night



**The location:**



During research in the Dolomites this place found Bruhn (not the other way around ☺). The hotel is located high up in the ski terrain with a spectacular view of the surrounding mountains. It is situated directly on the piste so we can ski in and out of our rooms. Just next the hotel is a 150 years old church. In old times many churches were build on power places in nature. This is also the case with this one.

Because of the popularity of this small mountain hotel it has been difficult to obtain rooms – but we have been lucky and now have 6 rooms allowing a maximum of 10 participants per week. The food is really good and you can choose between vegetarian/meat.

The price per person per night with half board in a nice double room with bathroom is 85 Euro (when two people share). You can also choose a more simple room (double room with bathroom in the hall way) which is 63 Euro per person per night. It will most likely not be possible to have a single room. The sooner you sign up the greater the chance that you can get the room that you wish.



Red circle shows the location of the hotel.

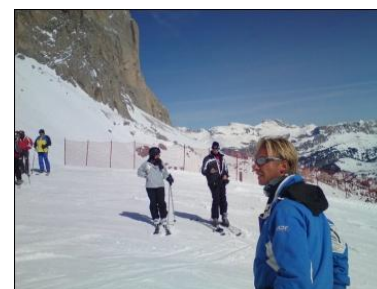
We are located peacefully in a remote setting in Seizer Alm, which is a part of the biggest connected ski area in the world – “Dolomiti Superski” with 1200 km of piste. Val Gardena and Canazei are the well known villages in the area. The Dolomit mountains with their spectacular shapes are deeply inspiring and healing. There are wide blue and red pistes with lots of space for meditative skiing in peace and quiet – we know the secret places ☺. The Italiens are world champions in piste grooming and when the clouds are on strike there is artificial snow making machines.

**Equipment:** Ski and boots you can rent in Compaccio, Alpe di Siusi (nearest village) or back home.

**Lift ticket:** Lift ticket 6 days -223 euro for period March 3-10th. You can see lift ticket prices, lift map etc here: <http://www.dolomitisuperski.com/en-US/ski-holidays-11EN.html>

**Tuition/Ski instruction/Organizing:** The cost per course week per person is 400 euros.

**Transportation:** We recommend going together in cars. Let us know if you offer or are looking for at seat in a car. You can also go by other means of transportation – se more here: <http://www.seiseralm.it/en/l-alpe-di-siusi/alpedisiusi/anreise/>



**Price example – per person in Euros**

Transportation in car 3 people	100
Half board 7 nights (63 euro pr night in Double room)	441
Lift pass 6 days (Alpe di Siusi)	223
Tuition/ski instruction/organizing 7 days	<u>400</u>
<b>Total</b>	<b>1164</b>

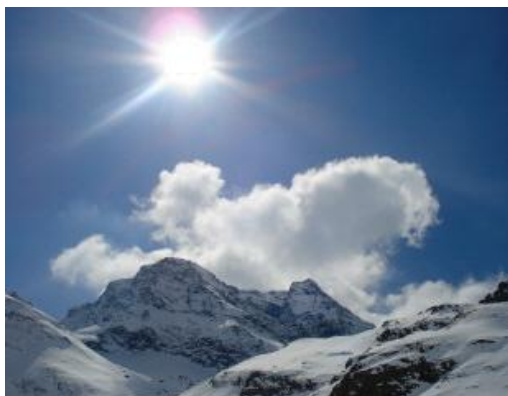
**About the instructor:**

Bruhn experienced in 2004 a radical shift in his consciousness – in some traditions called enlightenment. Now he is working to pass on the gift to anyone interested. Bruhn has worked as a bungy jump-, roller skate and ski-instructor specializing in Flow-Skiing. When Bruhn does not facilitate spiritual retreats he works with international leadership programmes for larger European companies as a coach, speaker and facilitator.



**Sign up and more information:** You are welcome to write to us on [info@innerfreedom.dk](mailto:info@innerfreedom.dk) for more information or signing up. You can also call Bruhn on +45 27119922, if you want to hear more about the retreat. There are 10 places in the retreat.

## Participants' experiences



Pers picture of the sun – read experience below



A happy flow skier

I had the most fantastic trip ever, everything formed a synthesis: Skiing, experiences, silence, sun, sleet, mountain air, wind, meditation, talk, energy work, connectedness, heart energy, just energy... and all that outside the realm of words. It was a gift. Thank you.

Love Sohan."

It is a week after our fantastic ski retreat and I still feel so filled of all the experiences.

Bruhn, I experience a deep gratitude for being a part of these possibilities for insights. I am full of wonder and admiration for what you are and do. From my heart – Thank you!!

Tina

Flow on an oasis of snow!

Without any doubt I signed up for the retreat in the Italian Alps. Without doubt, because I had previously experienced a retreat with Bruhn and Cecil, and because the combination of the magnificent nature and a programme of movement on all planes felt absolutely right.

Bruhn's natural spaciousness expressed in a "nothing wrong, nothing right" attitude, that everything is a personal experience, and coupled with the talent to guide and shift the awareness into the body, thus letting the senses take us down the slopes, gave a very special experience of being part of the river of life.

Meditations and energy work morning and afternoon built bridges and made whole the numerous impressions on the soul from mountains, sun, snow and movement. I am deeply grateful for this trip - a gift of life!

Hans Jørgen

"The ski-flow retreat was one of the most beautiful and enriching experiences I have had – intense, wise, deeply healing spiritual, playful and fun - along with the joy of the body and the sensuous experience of the mountain tops surrounding us.

It was spiritual development on first class. Thank you God, that you were so generous as to lead me to the website of Bruhn and Cecil.

Prasad

"How do you articulate total and unconditional joy? A joy that over flows – which cannot be contained in the body. Which comes out like a sound which has not been heard since the beginning of time. Which sounds like "gracie mille" and which is infinite gratitude.

A deep gratitude for Bruhn who teaches me about the skiing of life in a way I thought not possible. A gratefulness for standing in the Italian Alps with so fantastic people – you who are as much me as I am you.

And I am filled with joy when I hear from you. And I wonder how it can be this way. Five people skiing and talking a bit during five days. And afterwards – nothing is like before – nothing.

Gracie mille you wonderful people and especially gracie mille Bruhn for being here."

Per