

# The Present

**6-day residential retreat, July 9th-14<sup>th</sup> 2012, Samsø**

*"The past is history, the future is uncertain, the now is a gift. That's why we call it THE PRESENT".*

The Present is all there is – when we can experience it without the interference of the mind it is magical, fresh, blissful and totally extraordinary – no matter what is going on or not going on 😊

There are activities which catalyses the experience of the present moment and there are activities which blocks it. In this retreat we will focus on working with simple, concrete tools which will help you towards greater Presence and Joy in every moment.

The tool box that will open for you is called **"The PRESENT"** and has **7 different shelves (P-R-E-S-E-N-T)**

- **Practical Presence** – how to manifest Presence in life through concrete activities and fun tasks
- **Resonance Work** – lifting you to a higher frequency via the resonance phenomenon (initiation and catalysation)
- **Energy Work** - in the body and in nature. Energy points, Energy Yoga and working in nature on powerplaces
- **Surrender and Release Work** – releasing unwholesome conditioning (programs), feelings and habits
- **Energizing Nutrition** - how can we eat and fast to grow spiritually - how do we learn to live more on prana (chi)
- **No Mind Meditations** - cutting through mind - entering Presence in profound ways – guided and non-guided
- **Teachings and dialogue** about inner freedom, Universal consciousness and the paths to get there

You can read more about the ways we work on

[http://www.innerfreedom.dk/html/ways\\_we\\_work\\_inner\\_freedom.html](http://www.innerfreedom.dk/html/ways_we_work_inner_freedom.html)

Facilitators are Cecil & Bruhn 😊

## **Tentative daily program**

07.00 Voluntary 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 9<sup>th</sup> 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 to Kolby Kås or from Hou 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. If you are travelling from abroad we are happy to help you with planning your trip, just send us an email at [info@innerfreedom.dk](mailto:info@innerfreedom.dk) ☺



**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. Ipswich (tel. 01473 210090).The remaining sum can be paid by bank transfer, check or cash at arrival on Samsø.

**Departure**

The retreat ends in the afternoon on the 14<sup>th</sup> of July. After lunch everyone helps with cleaning and abundant hugging before leaving for the ferries.

Looking forward to experience the extraordinary Present with you

☺

Much love.

Cecil & Bruhn

