

Trusting the Silence

4 day silent retreat on Samsø – August 30th – September 2nd, 2012

Silence is a most powerful tool if we want to investigate what lies behind the impermanent part of ourselves (our persona). When we are silent we can more easily become aware of our True Nature, which emerges effortlessly when we simply stop engaging with and confirming our personal story. And when we are silent together the power of that collective investigation increases many times ☺ Some of the themes we will explore together on this retreat are:

- What happens when we deeply listen?
- What stories are we telling – about Life, ourselves and others?
- Why are we running from Silence?
- What happens when we have the courage to trust the Silence?

We will work in many different ways – with silent/guided/dynamic meditations, teachings, Presence, sharing, body work, resonance work and other things arising in the space we create together.

We will share and talk in (some of) the teaching sessions, but will maintain Silence at all other times.

Facilitator is Cecil.

Tentative daily program

06.30 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:

August 30th in the evening. We expect you to have had dinner before you arrive – tea and snacks will be served ☺ We will begin the retreat with an evening session circa 19.30-21.00



Getting to Samsoe

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.

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 2.900 DKK including food and board. To secure a place we ask for a non-refundable deposit of 1.400 kr. Paid to account no 0536 3617129981 in Danske Bank.

Departure

The retreat ends in the afternoon on the 2nd of September. After lunch everyone helps with cleaning and abundant hugging before leaving for the ferries.



Looking forward to explore the Power of Silence with you 😊
Much love.

Cecil

