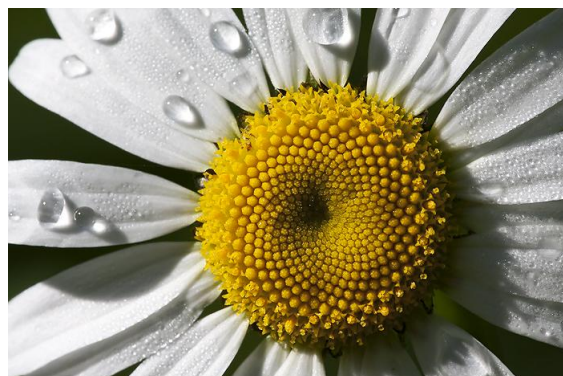


Unfolding the Now

5-day Easter Retreat on Samsø, April 5th-9th, 2012

Most of us spend a good deal of our emotional and mental energy in the past or in the future – evaluating what has already been or anticipating/predicting what is to come. This habit is keeping us from experiencing the absolute beauty, power and precision that is in every unfolding Now. When we truly begin to connect with this endless unfolding our True Being unfolds with it – effortlessly ☺



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

- How can we find our way back to the Now when we get lost in past or future?
- How can we cultivate more wholesome mental and emotional habits?
- What would happen if we could gather all our energy in the Now?
- What is the amazing intelligence that “governs” this ever unfolding Now?

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 the beauty of the unfolding now in Spring ☺

Facilitators are Cecil & Bruhn.

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:

April 5th 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 Samsø

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 3.700 DKK including food and board.

To secure a place we ask for a non-refundable deposit of 1.800 kr.

Paid to konto 0536 3617129981 in Danske Bank.

Departure

The retreat ends in the afternoon on the 9th of April. After lunch everyone helps with cleaning and abundant hugging before leaving for the ferries.

Looking forward to explore the extraordinary beauty of the Now with you 😊

Much love.

Cecil & Bruhn

