

Seminar and weekend workshop with Cecil and Bruhn – founders of Center for Inner Freedom



Evening seminar “Vibrantly Alive”, Brighton, UK

February 18th, 2011, 7.30PM-10PM

How can we align ourselves with the powerful and precise intelligence behind this Universe?

When we truly connect to the simple fact of being alive we can begin to explore and express what that means and how that feels – expanding the experience until we are nothing but aliveness.

We would like to explore the wonder of being alive – really alive with you for a few hours :o)

In this short seminar you will experience energy work, guided meditations and teachings based in presence and dialogue. Cost: £20 (concessions £15)



Weekend workshop – “The simple joy of being alive”

February 19th-20th, 2011, Brighton, UK

Some of the themes we will explore in the workshop are:

- What is it that makes us alive?
- Why are we sometimes sleepwalking through our lives?
- What stops you from feeling vibrantly alive every moment?
- What would happen if you simply surrendered to the spark of Life in you?

In the workshop you will experience silent and guided meditations, teachings based in presence and dialogue, many tools for energy work etc. You can read more about the ways we work on:

http://www.innerfreedom.dk/html/ways_we_work_inner_freedom.html.



Weekend Workshop details:

Saturday 9.30AM-6PM, Sunday 9.30AM-5.30PM, please bring a lunch pack on both days - tea and coffee will be available.

Cost: £180 (concession: £150)

There is a maximum of 10 participants to ensure closer contact and a higher level of personal interaction.



Venue both events:

12, Adelaide Crescent, flat 2, Hove, East Sussex BN3 2JE.



Teachers:

Cecil and Bruhn, founders of Oneness Center, both entered the awakened state in 2004.

Since then they have conducted retreats, workshops and pilgrimages in Denmark, England, Scotland, Wales, Italy, New Zealand, Australia, Philippines, Peru, Germany and Austria.

For further info: www.innerfreedom.dk



To sign up

For seminar or weekend workshop please contact Verena Moser: Tel 0044 (0) 1273 208481 / Mobile 0044 (0) 77177 47068 or email verena.moser@btopenworld.com.

There will be a non refundable deposit of £90 for the weekend workshop. Your place is not secured until the deposit is registered. If you are suddenly not able to attend you can transfer your place to friends or family.

Send a check £90 payable to: Daniel Rounding, Bridge Cottage, 178 Henley Road, Ipswich, Suffolk, IP1 6TA. Ipswich (tel 01473 210090)

