

Flow Skiing Retreat 2019

Combined skiing- and mindfulness retreat in The Dolomites, Italy

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.



We will work with flow skiing exercises and principles developed through 14 years of retreats. The 2018 course will like last year also contain elements of Alexander Technique - a tool that gives people freedom and lightness in movement and rest – a unique sensation of inner freedom.

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 6-7 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 mindfulness.



The spectacular mountains – perfect for flow skiing.

You will get a toolbox to cut through the evaluating, judgemental and noisy mind and enter a state of relaxed focus and inner freedom.

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). Regarding your personal/spiritual path there are no conditions – all are welcome. The tools, the meditations and the exercises only aim at making your own path unfold in a profound way. The language will be English.

Time and daily programme: There will be one program this year – March 10-17, 2019. The retreat takes place from Sunday evening to Sunday morning with 6 days on skis. You can choose to ski extra days and thereby have 7-8 ski days (extra cost). 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)
- 12.30-16.30 Lunch and free skiing
- 16.30-17.00 Shower and getting ready for indoor process
- 17.00-19.00 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 (by international mountaineers called the most beautiful mountains in the world) we found this "secret" ski resort. It has 80 km of pistes and is a part of Superski Dolomiti with 1200 km pistes. We will visit other areas as well. Only a few tour operators have discovered the place - and that is fine. We will let you know location and more info upon request.

The small and cosy hotel is located in the ski terrain - but with possibility to drive all the way by car. It is situated directly on the piste so we can ski in and out :-).

The hotel is nice, cosy and very affordable compared to other places in Italy. There are mostly double rooms. It is also possible to have a double room as a single room (at extra cost). The sooner you sign up the greater the chance that you can get the room you wish (not many single rooms).

The Dolomite mountains with their spectacular shapes are deeply inspiring and healing. There are wide blue 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.

Equipment: Ski and boots you can rent next to the hotel or in the village. Price according to quality.

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 fly to Venice or Milan and arrange transportation from here.

Prices:

Ski course including Tuition/Ski instruction/Organizing: 480 euro

Price per person in double room including half board, lift ticket for the big area VALUE 304 Euro and course room: 670 euro

Price per person in single room including half board, 6 day lift ticket for the big area SUPER SKI DOLOMITI VALUE 304 EURO and course room: 720 euro



About the instructor:

Bruhn experienced in 2004 a radical shift in his consciousness – entering a permanent state of inner freedom - in some traditions called enlightenment. Now he is working to pass on the gift to anyone interested.

Bruhn has worked as a bungee-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 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.



Read about the experiences of earlier participants on page 3

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

The only muscle that was sore after Flow Skiing was the “laughter muscle” 😊

Rikke

”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