

# Flow Skiing Retreat 2023

## 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 almost 20 years of retreats. The 2023 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.

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 two programs this year – March 4-11 and March 11-18, 2023. The first retreat will be primarily for participants who has joined the Ski retreat before and the second will be open to all. The retreats take place from Saturday evening to Friday evening 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)
- 12.30-16.00 Lunch and free skiing
- 16.00-17.00 Spa, shower, and getting ready for indoor process
- 17.00-19.30 Indoor process - teachings, meditations, energy work
- 19.30-21.00 Dinner in the restaurant
- 21.00-07.00 Free time – Good night



### The location:



The hotel is located in 2200 meters (see photo) on a mountain top in Madonna di Campiglio, the largest skiresort in Trentino, in the heart of the Brenta-Dolomites. This gives us every morning the opportunity to have the first runs all the way to the valley – all by ourselves and on perfect pistes. Awesome! And it gives so much peace and quiet in the evenings.

Madonna di Campiglio is famous for its wonderful and suggestive landscape framed by the fabulous Dolomiti di Brenta. The queen of the snow boasts 150 km of ski runs extending from Pinzolo to Folgarida-Marilleva, with the Madonna di Campiglio Ski area at the heart.

The hotel is nice, cosy and affordable compared to other places in Italy. We have a free spa department with jacuzzi, saunas, relax area and more.

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 by the lift in the valley. Price according to quality.

### Transportation:

We recommend going together in cars or flying and renting cars together. Let us know if you offer or are looking for a seat in a car. The nearest international airports are Verona (2 hours by car) and Bergamo (2,5 hours). You can also fly to Venice or Milan Malpensa – it is 3,5 hours by car. As the hotel is on the top of the terrain you go to the lift station and bring your luggage up from here - put in this location in google maps and park your car here: Daolasa Ferrovia, 38020 Commezzadura TN,

### Prices:

Ski course including Tuition/Ski instruction/Organizing and course room: 600 euro

Price per person in double room including half board, SPA and lift ticket:

- Week 10 – March 4-11<sup>th</sup>, 2023: 820 Euro
- Week 11 – March 11-18<sup>th</sup>, 2023: 770 Euro

Extra for single room per week: 350 Euro.

As there are only 10 places for every course it is good to book early. Your booking will be secured by paying 600 Euro in deposit.



## 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 through his consultancy company MoveMentor.



**Sign up and more information:** You are welcome to write to us on [info@innerfreedom.dk](mailto: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 each retreat.

## Participants' experiences

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