

Joining Instructions – Samsø Pilgrimage August 5th-11th 2024

A Journey through the Chakras

This is a 6-day retreat with 3 days of walking through the beautiful landscape temple of Samsøe. From south to north - from root chakra to crown chakra - approximately 10-13 km walking per day. During the pilgrimage we will do small ceremonies, energy work, contemplation, chakra balancing, exercises, meditations etc. in the different power places. It will be an outer journey along the coast through Samsøe's amazing landscape temple and a silent inner journey towards your centre.

On the Island the energy of the seven chakras manifests very clearly in nature. In the root chakra you'll find the Brattingsborg Forest with its old beech and oak trees. In the heart chakra is the Stavns Fjord which the Vikings named "Bay of Love" and the crown chakra manifest in the hilly north of the island in what has been named Issehoved - or "top of head" :o).

The pilgrimage will be combined with intensive process work at the retreat centre where we stay during all 6 days. We will be working with teachings based on q & a, Energy and Presence work, meditations, physical exercises etc. Themes are: a deeper understanding of our chakras, our relationship with the Divine Nature and the deep interconnectedness of Everything 😊

Arrival: August in the morning, we will have lunch around 1 o'clock and start the retreat with an early afternoon check-in session with Presence work, practical information etc. Snacks and dinner will be served and then we will have an evening session circa 19.30-21.00

Getting to Samsøe on August 5th

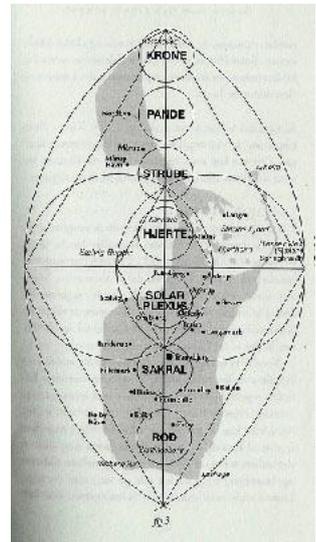
You can catch a ferry from Kalundborg (Sealand) to Ballen or from Hou (Jutland) to Sælvig or from Århus to Sælvig. For detailed info regarding ferries see: <http://www.faergen.dk/> (from Sealand) and www.tilsamsø.dk (from Jutland). We will book taxis from the ferries to the retreat centre if you tell us when you arrive.

Venue: Inspiratoriet, Sildeballe 17, 8305 Samsøe
www.inspiratoriet.org

The retreat centre is built in two of the old buildings on our farm located in the heart chakra of the island. It has 10 double/single rooms and shared bathrooms, beautiful meditation/teaching halls, a huge, lush garden, open fields surrounding it and walking distance to good beach if you care for a swim in the ocean :o) Food is simple, vegan/vegetarian 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.

What to bring for the pilgrimage

- Small back pack (for lunch pack, water etc.)
- Water bottle
- Good walking shoes or sandals (broken in)
- Swim suit + small towel
- Sun lotion
- Rain coat (check the weather forecast)
- Small/light thermarest or other thing to sit on for meditations and exercises (alternatively use your towel)
- Energy bars, dried fruits etc



What to bring for retreat

Linen + sheet or sleeping bag if you prefer (duvets and pillows are there)
Towel etc.
An open heart :o)

Daily programme - pilgrimage (circa timings)

07.15 Breakfast + lunch packs
08.00 Departure Centre for Inner Freedom
08.30 - 16.30 Pilgrimage with energy and Presence work meditations, breaks, swims etc.
17.00 Coming back to Inspiratoriet
18.30 Dinner
20.00 Short evening program with meditation and energy work
21.00 Goodnight

Daily programme other days

07.00 Voluntary Yoga (some days, depending on participants)
08.00 Breakfast
09.00 Morning session, energy and Presence work
12.30 Lunch
13.30 Free time, siesta, walks etc.
16.00 Afternoon session, energy and Presence work
18.30 Dinner
20.00 Short evening session with meditation and energy work
21.00 Goodnight

Payment and deposits

Price is 4.950 DKK including food and board.
For Danes a non refundable deposit of 2.000 kr. can be transferred to account no 8401 1196015 in Merkur Bank – all others please contact cecil@inspiratoriet.org for IBAN and SWIFT numbers.
The remaining sum should be paid by bank transfer before the retreat starts.

Departure

The retreat ends after lunch on the 11th of August. After that everyone helps clearing up after lunch before we hug and leave for the ferries.

We look forward to sharing our love for Samsø with you all!
Cecil and Bruhn

