

# Finding Natural Power

## 1 year of Spiritual and Practical Permaculture

### Four seasons – four retreats

There is only One Life!

It is the same life force that flows through everything – ant, worm, apple, human – everything woven together in a beautiful web of interconnectedness. Nothing can manifest outside this web.

Permaculture builds on this fundamental understanding and a firm idea that it is possible to create living systems that are sustainably beneficial for both human beings, animals, plants and soil in one beautiful, fertile and totally interconnected process.

Every season offers very different, both delicate and powerful openings to experience and explore the One Life and how we can align ourselves with the flow of energy in the web of interconnectedness. Relearning to communicate with Nature and with our own True Nature is an integral part of this year. Every retreat is an organic process and will unfold as a perfect response to the season, the group and what moves in us.

We will be working in many different ways - with silent and guided meditations, contemplative or practical exercises inside or outside. Teachings, sharings, observations, silence, dance, energy work, body work etc. etc. You can expect periods of silence between the teaching sessions to allow each participant space to integrate and contemplate. We will use the gardens to meditate, marvel, connect and find inspiring examples of interconnectedness so that we can learn to manifest lush and creative lives for ourselves and everything we touch.

Below are some of the themes for the 4 retreats



**FALL retreat, October 19<sup>th</sup>-22<sup>nd</sup>, 2023**

- Ripening – harvesting
- Gratitude
- The Beauty of Impermanence
- Connecting to that which does not change
- What dies?



**WINTER retreat January 4<sup>th</sup>-7<sup>th</sup>, 2024**

- Integrating, composting, digesting
- The power of Deep Rest
- Clarity and Spaciousness
- The field of endless potentiality



**SPRING retreat, May 9<sup>th</sup>-12<sup>th</sup>, 2024**

- Boundless creativity
- The joy of being alive
- The magical movement from formless to form
- Moved by beauty



**SUMMER retreat, July 25<sup>th</sup>-28<sup>th</sup>, 2024**

- Sensual, grateful, lazy being
- Falling in love with the fullness of everything
- Gaia Love
- The Web of Life – interconnectedness in action



All the retreats will be held at Inspiratoriet on Samsø. Inspiratoriet has 1,3 hectares of garden with a 9 years old 3500 m2 Food Forest, vegetable garden, ornamental garden and nature right outside our doors, so we have ample possibilities to explore the interconnectedness in very practical ways – both in the inner and outer landscapes. More info and photos of gardens and facilities here: [www.inspiratoriet.org](http://www.inspiratoriet.org) or on Facebook – Inspiratoriet.



Cecil Rye Olsen will be teaching this course. She has a PDC (permaculture design certificate), has been working intensely with permaculture for the last 10 years, is a mad gardening enthusiast and teaches meditation and inner freedom 😊

The course will be in English if there are any foreign participants. Participants are always welcome to share/ask in Danish if that feels more comfortable – we will make the necessary translations both ways.

If there are no foreign participants, the course will be in Danish, of course.

### **Tentative daily programme**

08.00 Breakfast

09.00 Morning session, teaching, meditation, dialogue, exercises

12.30 Lunch

13.30 Free time, siesta, walks etc.

15.30 Afternoon session, meditation, exercises - outdoor in the Food Forest if the weather permits

18.30 Dinner

20.00 Evening session, short meditation and resonance work

21.00 Goodnight

### **The retreats start Thursdays:**

I will send out detailed information regarding ferries for each retreat as the schedules varies with the seasons. We will have lunch around 12.00 and then start the retreat with an afternoon session around 15.00-18.00, then have dinner and a short evening session circa 19.30-21.00.

### **Getting to Samsø:**

You can catch a ferry from Kalundborg (Sealand/Sjælland) to Ballen or from Hou (Jutland/Jylland) to Sælvig. For detailed info regarding ferries see: <http://www.faergen.dk/> or [www.tilsamsoe.dk](http://www.tilsamsoe.dk)

We always try to arrange carpooling and sharing taxis from the ferries.



**Venue:**

Inspiratoriet, Sildeballe 17, 8305 Samsø

The retreat centre is built in two of the old stables on our farm located in the heart chakra of Samsø island. It has 10 double/single rooms and shared bathrooms and toilets, beautiful meditation/teaching halls, big garden, an 8 year old permaculture food forest, open fields surrounding it and great walks just outside the doors and 10 min. walk to nice beaches.

**YouTube**

You can see more from the retreat centre and gardens on YouTube  
<https://www.youtube.com/channel/UCMkeBtRWsbGt-P0CV4gLrrw>

**Food:**

Food is simple, vegan and as organic as possible.

We will harvest and use crops from the Food Forest and vegetable garden, so that we can learn how to prepare some of the many new and exciting crops we have in the permaculture-garden.

You are invited to lend a helping hand with laying the tables, cooking, cleaning etc. as we are self catering.

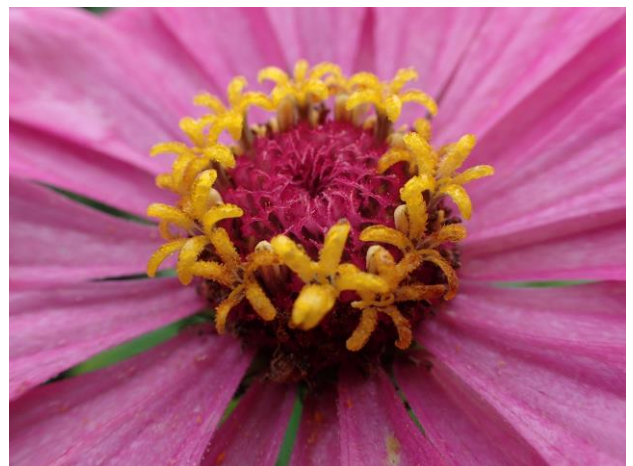
**Signing up, Payments and deposits**

Sign up by sending an email to [cecil@inspiratoriet.org](mailto:cecil@inspiratoriet.org)

Price is 11.600 DKK for all four retreats including food and board.

For Danes a non-refundable deposit of 3.600 kr. can be transferred to account no 8401 1196015 in Merkur Bank – all others please contact [cecil@inspiratoriet.org](mailto:cecil@inspiratoriet.org) for IBAN and SWIFT numbers.

The remaining sum of 4 x 2.000 DKK should be paid by bank transfer before each retreat starts.



**Departure**

The retreat ends after lunch on Sundays. After lunch everyone helps with a little tidying up before we hug and leave for the ferries.

Looking forward to exploring the Natural Beauty of this One Life with you :o)

Much love Cecil