

Let go and let Love

December 21st – 26th 2014

6-day residential retreat at Centre for Inner Freedom, Samsø, Denmark.

For most of us the thought of losing control is very frightening. But often the moments where we are forced to let go are the ones where we feel most in touch with Life and Love. We can search for and train this deeper contact, and the better we become at letting go and trust, the more we can rest in the flow of Life – without resistance or need of control :o).

- Why does mind insist on controlling Life?
- How can we learn to let go of the need to control?
- What happens when we surrender to Life with a capital L?
- How can we let Love live us?

We will explore the fascinating reality of Loving and letting go in many different ways: Through teachings based on q & a, silent and dynamic meditations, contemplative exercises, presence, energy work and other things that arise in the space we create together.

Tentative daily programme

06.30 Voluntary Yoga (some days, depending on participants)

08.00 Breakfast

09.30 Morning session, energy and Presence work

12.30 Lunch

13.30 Free time, siesta, walks etc.

15.30 Afternoon session, energy and Presence work

18.30 Dinner

20.00 Evening session, energy and Presence work

21.00 Goodnight

Arrival:

December 21st in the morning. You will have time to settle in and make yourself at home before we have lunch around 1 o'clock. We begin the retreat with a check in session around 15.30. We will have dinner at 18.30 and a short evening session circa 19.30-21.00



The meditation hall.



Getting to Samsø on December 21st

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

We will book taxis from the ferries to the retreat centre if you tell us when you arrive.

From England: Ryan Air Flights leave from London Stansted Airport to Aarhus (Århus). To book go to www.ryanair.com

Airport bus to Aarhus train station leaves 15 minutes after flight arrival arriving at Århus train station. From there it's a 200 meters walk to the bus station (facing the train station go left down the road to the bus station - it's impossible to miss :o))

You can also fly to Copenhagen and take the train to Kalundborg and a ferry from there to Kolby Kås on Samsø, but ferries are less frequent and the trip is longer from that side. Please let me know if you need help with planning the trip – I am happy to help. XXX Cecil

Venue: Centre for Inner Freedom, Sildeballe 17, 8305 Samsø

The retreat centre is built in two of the old stables on our farm located in the heart chakra of the island. It has 10 double/single rooms and shared bathrooms and toilets, beautiful meditation/teaching hall, a big garden and open fields surrounding it with great walks just outside the doors.

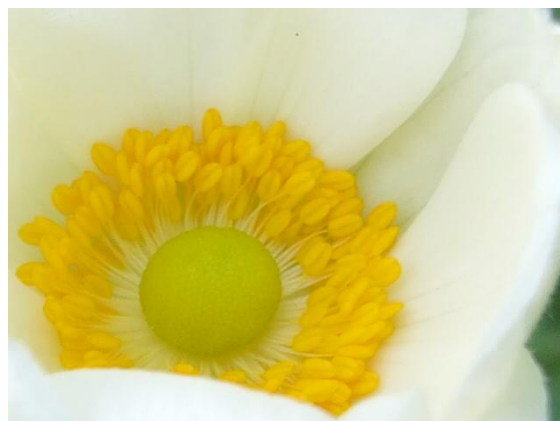
Food : Food is simple, vegan and as organic as possible. You are invited to lend a helping hand with laying the tables, cooking, cleaning etc. as we are self catering.

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@innerfreedom.dk for IBAN and SWIFT numbers.

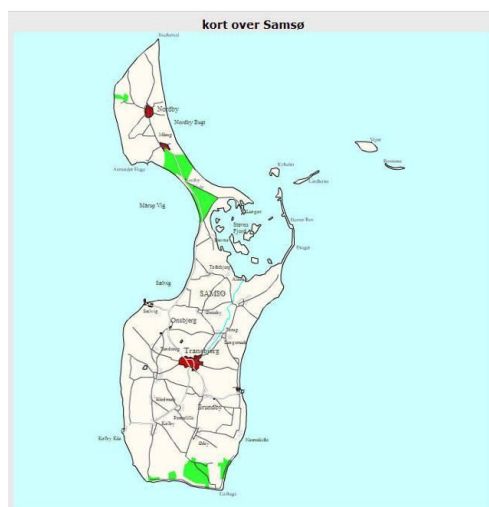
The remaining sum should be paid by bank transfer before the retreat starts.



One way to know that Love is real :o)



The central room downstairs at Centre for Inner Freedom.



Departure

The retreat ends in the afternoon on the 26th of December. You are welcome to stay on for the next retreat – “The Spiritual Warrior” that starts in the afternoon on the 27th :o) In any case everyone helps clearing up after lunch before we hug and leave for the ferries.

Looking forward to explore Love and Letting go with you :o)

Much love.

Cecil & Bruhn