

# Silent Retreat

**4 day silent retreat on Samsø – May 15<sup>th</sup> – 18<sup>th</sup> 2014**

Silence is a most powerful tool if we want to investigate what lies behind the impermanent part of ourselves (our persona). When we are silent we can more easily become aware of our True Nature, which emerges effortlessly when we simply stop engaging with and confirming our personal story.

And when we are silent together the power of that collective investigation increases many times ☺ May is a glorious month to experience the deep, vibrating silence that is behind, around and inside all living things – including ourselves :o)

Some of the themes we will explore together on this retreat are:

- What stories are repeating themselves in our lives – and why is that happening?
- What is the gift we can find inside the Silence?
- How can we find the way to the place inside of us that is always silent?
- What happens when we surrender completely to this deep, vibrant Silence?

We will work in many different ways – with silent/guided/dynamic meditations, teachings based on Q & A, Presence, sharing, body work, resonance work and other things arising in the space we create together.

We will share and talk in (some of) the teaching sessions, but will maintain Silence at all other times.

The course will be in English if there are English speaking participants otherwise it will be held in Danish.

## **Tentative daily program**

06.30 Voluntary Yoga (some days, depending on participants)

08.00 Breakfast

09.30 Morning session, teaching, meditations, resonance and body work

12.30 Lunch

13.30 Free time, siesta, walks etc.

16.00 Afternoon session, teaching, meditations, resonance and body work

18.30 Dinner



Magic silently unfolding in the garden :o)



20.00 Evening session, short meditation and resonance work  
21.30 Goodnight

**Arrival:**

May 15<sup>th</sup> around noon where we will start with lunch and an early afternoon check-in session with Presence work, practical information etc. Dinner will be served and then we will have a short evening session circa 20.00-21.30

**Getting to Samsøe**

You can catch a ferry from Kalundborg to Kolby Kås or from Hou to Sælvig. For detailed info regarding ferries see:

<http://www.faergen.dk/>.

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

**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, big lush garden, open fields surrounding it and great walks just outside the doors.

**Food**

Food is simple, vegan 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.

**Payment and deposits**

Course fee is 3.200 DKK including food and board.

To secure a place we ask for a non-refundable deposit of 1.2 00 kr.

Paid to account no 8401 1196015 in Merkur Bank.

**Departure**

The retreat ends in the afternoon May 18<sup>th</sup>. After lunch everyone helps clearing up before we hug and leave for the ferries.

Looking forward to explore the Power of Silence with you 😊

Much love.

Cecil & Bruhn



Giant Poppy



Sun Meditation



Meditation hall