

The Dance of Polarities

July 14th – 19th 2014

6 day residential retreat on Centre for Inner freedom, Samsø, Denmark

"Life isn't about waiting for the storm to be over, it's about learning how to dance in the rain"

Everything is dancing! Everything is moving from light to darkness, from expansion to contraction and back again. Infinitely shifting between different polarities. How we meet and understand this dance is vitally important for our quality of life and our contact to the unique power, love and precision of each moment .

Some of the themes we will investigate in the retreat are:

- Which parts of the "dance" are difficult for you to surrender to?
- How can we learn to dance more freely with Life?
- What happens when we really begin to trust Life's dance moves?
- What happens when we become the Dancing?

We will explore the themes through many different tools: teachings based on q & a, silent and dynamic meditations, contemplative exercises, presence-, energy- and resonance 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 resonance work

21.00 Goodnight



Magic in the garden :o)



The main teaching hall



The pond in the eastern part of the retreat garden

Arrival:

July 14th 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 Samsø on July 14th

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, 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

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.



From the retreat garden – lots of places to meditate or talk to trees :o)



One of the meditation halls

Departure

The retreat ends in the afternoon on July 19th. After lunch everyone helps clearing up before we hug and leave for the ferries.

Looking forward to explore the Dance with you :o)

Much love

Cecil & Bruhn