

The Spiritual Warrior

December 27th – January 1st 2015

It requires courage and commitment to find one's own path and to trust the inner guidance – especially when it means that we must go beyond the conventional ideas about "normal" in our family and in society. Having a strong contact to the spiritual warrior is essential in that process.

- What are the qualities of the spiritual warrior?
- Why is the strength of the spiritual warrior so necessary on the spiritual path?
- How can we establish a better contact to the warrior's qualities in us?
- How can we be warriors and completely peaceful at the same time?
- At what point in the process is it necessary for the warrior to lay down his weapons?

We will explore many aspects of the spiritual warrior - through teaching 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.

It is possible to stay for both the Christmas and New Year retreats. The day in between the retreats is free for those staying on.

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 27th in the morning. We will have lunch around 13.00 and then start the retreat with an afternoon session around 16.00-18.00, then have dinner and a short evening session circa 19.30-21.00.

As this is holiday season flights, busses and ferries are perhaps less frequent. So if needed we are flexible with regards to arriving a day early and/or leaving a day later ☺



Getting to Samsø on December 27th

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

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.

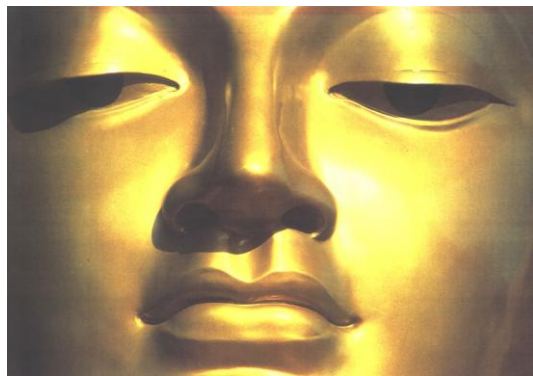
For Danes a non refundable deposit of 2.000 kr. can be transferred to account no 8401 1196015 in Merkur Bank – all others please contact cecil@innerfreedom.dk for IBAN and SWIFT numbers.

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

Departure

The retreat ends in the afternoon on the 1st of January 2013. After lunch everyone helps with clearing up before we hug and leave for the ferries.

Looking forward to explore the spiritual warrior with you :o)



Much love Cecil & Bruhn