

SUMMER RETREAT

in Dalsland, Sverige

28. July - 4. August 2012

This retreat is an invitation to dive into the dimension of being and to re-establish contact with your own resources and your power. We will open to inner guidance and dedicate ourselves to take the next step which our soul is calling for.

This process is vertical, and the methods support us into what we deepest know of.

The retreat form gives a special possibility for building a supporting field of consciousness, where focused inner exploration and meditation training are stimulated by relaxing nature experiences and rest.

Instructions and training will be given in Danish or in an easily understandable English. In some of the days there might be silence in the breaks.

There will be a one day outing in canoe, an evening tour to a highly placed lake with a view to Norway, plus own swimming, canoeing and walks in the forests.

We practise

- Introduction and practise of meditation and mindfulness.
- Contemplation and reflection on a heart full text of Jalaluddin Rumi.
- The open Heart – in living presence. Dialogue and feedback.
- Constellation and rituals, from the method family constellation of Bert Hellinger.
- The Clarity Process QLB, a transformative breathing and clarity process, Sunrise of the Soul.
- Stress and tension releasing body exercises.
- The five Tibetan rites.

Program for the days

07.30 – 08.30 Sunrise of the Soul

10.00 – 13.15 Program

13.15 – 16.30 Own time, walks at the lake and in the forest

16.30 – 18.15 Program

19.45 – 21.00 The open Heart

Dates

28. July (evening) – 4. August (14.00) 2012

The price

By booking before May 5nd the total price is approx. 6.100 DKK.

By booking later it is in total approx. 6.600 DKK.

The payment is in two parts

1. The course price is paid directly to Naja: 3.250 DKK and early bird price 3.050 DKK by deposit before May 5nd.
2. Room and board is paid *cash* on arrival directly to the course place: 3.250 NOK or equivalent in DKK or SEK and early bird price 3.050 NOK by deposit before May 5nd.

Registration

Your participation is secured by paying a deposit of 1.500 DKK or the full course price before June 15th to Naja Vita Nielsen. Danske Bank reg no. 9493 account no. 5405695261.

From other countries than DK: Danske Bank, IBAN: DK 3130005405695261.

Swift code: DABADKKK.

Any amount due is paid latest June 28th.

[Click here for booking the Summer Retreat](#)

Deposit

Deposit of 1.500 DKK non-refundable if cancellation made within 3 weeks from the start of the retreat.

Address of the retreat location

Gällnäs 43, 66 693 Gustavfors, Sverige. See www.one-ness.net/gallnas. The retreat will take place in scenic Dalsland, in the middle of a silent, Swedish forest on the side of the lake Vestre Silen.

How to get there

The place is 180 km to the South of Oslo, 180 km to the North of Göteborg. Nearest town is Bengtsfors.

Transportation with bus or train

From Oslo or Stockholm to Årjäng or Bengtsfors; from Copenhagen to Bengtsfors. You will be collected at the bus station on arrival.

Leader and meditation teacher of the retreat

Naja Vita Nielsen

Please call or write, if you want more information.

Naja Vita Nielsen

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