

Practical Information

Place: Villa Fjordhoej, Raadmandsvej 23B, 4230 Skaelskoer
Retreat 1: July the 29th. Quartering at 12 noon to 2pm.
Retreat 2: October the 16th. Quartering at 12 noon to 2pm.
Closing: August 1st / October 19th around 5pm.

Price: Kr. 5988.00
Deposit: Kr. 1500.00

Payment:

The price includes the course, accommodation, and food.
The food will be ecological.

Enrolment:

This course can only accommodate 18 people. So if you are interested and feel this is the right thing for you, please register immediately by contacting:

Laillamari, tel. 58 19 53 59 / email: grundt@live.dk or
Niels, tel. evening 3918 1048 / email niels.aaa@gmail.com
(Niels will first respond after March 1st)

Payment:

To Niels Andersen: Danske Bank account: 3123-3123259661
(please remember to write name and class for reference).

Notice: When you pay the deposit you are enrolled in the course.
The rest of the payment must be fully paid at least 2 weeks before the retreat starts. If you need to cancel you can get back your payment except for the deposit (which is non-refundable and non-transferable), up to 8 days before the retreat starts.

NB. *The workshop will NOT be translated: Rose speaks easy understood English, so everyone can easily follow.*

To make sure that everyone shall feel safe we kindly ask for a telephone number to your nearest relative.
We're looking forward to see you.

Kindly regards

Rose and Terry, Laillamari and Niels.

Rose's website: www.metaphysicalcenterofcanada.com



RETREAT

3½ days of self absorption

by Rose Sangregorio

- Canadian Conscious Channel, Author, International Lecturer, Holistic Healer, Teacher and Spiritual Advisor.

July 29th to August 1st 2010

or

October 16th to 19th 2010

Organizers:

Laillamari Grundt

Niels Andersen

RETREAT

Meditation for self exploration, enlightenment, healing, and Transformation at a cosmic level.

Teachings of enlightenment working with the spiritual light and the *elemental world to become the master of your being on earth.

Rose will assist you to heal and harmonize the right and left part of the brain and the polarity within you so that the spiritual light may fill you and surround you more concretely in your body and in your life.

Topic

In our busy everyday lives we often neglect to notice the emotions that give us uneasy feelings. Many people are in the habit of soothing them with chocolate /cola/coffee/alcohol, too much food, television, too much/too little exercise etc. and believe they'll just disappear by themselves. On this retreat you will get the opportunity to take your emotions seriously and work on them in a concentrated manner.

Philosophy

The philosophy behind this retreat is that our left part of our brain (the rational and controlling part) often gets too much free scope at the expense of the right (the emotional and spiritual related) part. To get access, and gain an insight into the emotions that secretly are influencing and controlling a great part of our well-being, we have composed a program that gives you the ultimate possibility to explore your mind and feelings from within.

Process

Because of this we have chosen to place the course in an area of natural beauty, where we will serve ecological vegetarian food. We draw attention to the fact, that **this course takes place in absolute silence** i.e. no communication, no external entertainment like telephone, literature, music etc. It is allowed to take a walk, not to explore nature alone but to use the nature around you to explore the inside world that is being revealed to you. This course is a deeply personal process for you the individual, and only you can perceive the depth of your mind and being – this is an exceptional opportunity to find your true identity.

Progress

There will be a morning meditation guided by the Masters through Rose. To make sure that everyone gets the maximum benefit we all meet every morning to receive instructions and guidance from Rose in the form of a lecture. Intuitively Rose will make sure that nobody "gets off track" – she will during the whole course work on each person. Rose will give you the opportunity for personal questions related to your personal process for a limited time each day (except from the first day). The group in attendance will receive whatever healing that is being given to one person so everyone will receive the benefit of the individual within the whole consciousness of the group.

Rose and Terry, as well as Laillamari and Niels, will be at your service during the whole process if you feel the need.

Translation

There will be no translation (see back page).

Closing

The last day we end the course by a common meditation, where Rose makes sure that we are all well balanced. We will bring the silence to an end some time during the afternoon where there will be an open meeting for sharing and preparation to go back into your daily world.

*The elemental world can be interpreted in various ways: 1) As the elements on the periodic table of elements that are used in Chemistry. 2) As the fairies, elves, gnomes, etc. 3) As the energy that makes up the reality of our thoughts and feelings. Rose is using all these based on the context.