Retreat Nondual Biodynamics Meditative Craniosacral 10-14 August 2022

To return back in yourself completely.
Do you long to release old traumas and pain and recharge your soul?
Do you feel like quieting, deepening and connecting in a natural oasis of peace?
Do you feel the need to sink out of your head into your Heart and gain new insights?
Are you ready to have intense experiences with craniosacral sessions and meditations?

Gerald, Anke and Michael give you a warm welcome!
Together we have many years of experience in giving trainings and courses, Craniosacral sessions, individual and group counseling and meditations.
It is an invitation for you to deepen, relax and take a conscious break from your daily routine for a few days (no prior knowledge or experience required).

For you:
We offer you a BEING together in aware presence with all that is, in the here and now.
You are welcome with your unique SELF:

- To enjoy beneficial group sessions of Craniosacral on the table for everyone;
- To connect with your inner Stillness during a walk in nature or a moment of rest in the garden;
- To view the world through the perception of Nonduality;
- To experience inner harmony thanks to morning meditations and deepening moments;
- To receive guidance on your path of Self-Realisation and Self-Empowerment;
- To find new space through fluidity during Watsu introduction in warm water;
- To get acquainted with new people in warm heart connection;
- To find healing and balance through healthy nutrition for body, soul and mind.

Location:
Oberkalbach near Fulda (Central Germany) is a rural village on the Kalbach Brook near the border between Hesse and Bavaria. The family farmhouse is almost 500 years old (from 1523) and is run as a Craniosacral and (Osho) Meditation Centre by heart-felt inspirators Anke and Michael, Dutch-, German- and English-speaking.

Team:
The Retreat, activities and kitchen, are guided and supported by: Gerald, Anke, Michael, Julia and Bela.

Practical:
Stay from Wednesday till Sunday, 10 till 14 August ’22.
- ✓ Arrival Wednesday between 15-18:00 hrs with welcome snack and drink, followed by a de-stress meditation and dinner.
- ✓ Departure Sunday after lunch between 14-15:00 hrs.

Included in the cost price:
- ✓ Overnight stays.
- ✓ Home-made healthy vegetarian meals (breakfast, lunch and supper).
- ✓ Continuous water, coffee, tea, fruit and healthy snacks.
- ✓ All group activities including Watsu/Craniosacral in warm water (at another location).

Rates:
In order to make the retreat also accessible for people with limited means, we apply different rates. We are confident that everyone will choose the rate to their best ability.

Accommodation & meals (bed and breakfast) throughout the period:
- In the rustic farmstead, in a room (shared) with 2-4 beds (limited availability) € 345
- In the meditation room (shared) on a mattress, in an already available tent and/or camper (or bring your own after consultation with us) € 295

Participation in all Retreat (group) activities:
- *Pay it Forward Rate* € 350
  This rate does not only cover costs but also includes a contribution to support someone who uses the lowest rate. Your extra contribution makes it possible for people who otherwise would not have the chance to participate in this Retreat. For self-employed people/companies this can be brought into your accounts.
- *Standard Rate* € 300
  This rate covers the cost of participating in this Retreat.
- *Budget Rate* € 250
  This is a reduced rate for those who, at the moment, have less means or, *exceptionally* unable to pay the standard rate.

Sign up:
Mail to info@nondualbiodynamics.com of Anke@Mintjes.net
✓ Your participation is guaranteed after advance payment of your stay/accommodation.
✓ The number of places is limited, so be quick.
✓ For more info www.nondualbiodynamics.com / www.mintjes.net
✓ Or mail, call or message Gerald +32 (0)468 22-26-22.

'In Deep Stillness something of Me connects with You and something in You connects with Me.'

❤️