

Joining Instructions – Samsø Pilgrimage July 27th- August 2nd 2026. (20 year jubilee).

A Journey through the Chakras

This is a 6-day retreat with 3 days of walking through the beautiful landscape temple of Samsø. From south to north - from root chakra to crown chakra - approximately 12-16 km walking per day. During the pilgrimage we will do small ceremonies, energy work, contemplation, chakra balancing, exercises, meditations etc. in the different power places. It will be an outer journey along the coast through Samsø's amazing landscape temple and a silent inner journey towards your centre.

On the Island the energy of the seven chakras manifests very clearly in nature. In the root chakra you'll find the Brattingsborg Forest with its old beech and oak trees. In the heart chakra is the Stavns Fjord which the Vikings named "Bay of Love" and the crown chakra manifest in the hilly north of the island in what has been named Issehoved - or "top of head" :o).

The pilgrimage will be combined with intensive process work at the retreat centre where we stay during all 6 days. We will be working with teachings based on q & a, Energy and Presence work, meditations, physical exercises etc. Themes are a deeper understanding of our chakras, our relationship with the Divine Nature and the deep interconnectedness of Everything 😊 A new focus this year will be on butterflies both as mythological and manifested beings – exploring this theme on our pilgrimage through Butterfly Island and in the newly established (7200 m2) butterfly garden at Inspiratoriet.

Arrival: August in the morning, we will have lunch around 1 o'clock and start the retreat with an early afternoon check-in session with Presence work, practical information etc. Snacks and dinner will be served and then we will have an evening session circa 19.30-21.00

Getting to Samsø on July 27th

You can catch a ferry from Kalundborg (Sealand) to Ballen or from Hou (Jutland) to Sælvig or from Århus to Sælvig.

For detailed info regarding ferries see: <http://www.samsølinjen.dk/> (from Sealand) and www.tilsamsø.dk (from Jutland).

You can book a taxi on 21867000 or telebus on 88 44 83 88. You need to order the telebus a minimum of 2 hours before you need it, unless you are arriving with the ferry, then they only need to know 45 min in advance.

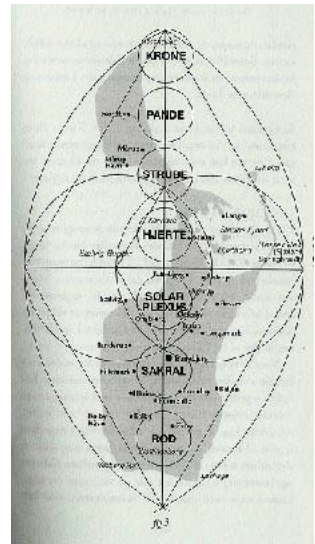
Please let us know when you plan to arrive - we will try to arrange carpooling if any of the other participants have room in their cars 😊

Venue: Inspiratoriet, Sildeballe 17, 8305 Samsø
www.inspiratoriet.org

The retreat centre is built in two of the old buildings on our farm located in the heart chakra of the island. It has 10 double/single rooms and shared bathrooms, beautiful meditation/teaching halls, a huge, lush garden, open fields surrounding it and walking distance to good beach if you care for a swim in the ocean :o) Food is simple, vegan/vegetarian 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.

What to bring for the pilgrimage

Small back pack (for lunch pack, water etc.)
Water bottle
Good walking shoes or sandals (broken in)
Swim suit + small towel
Sun lotion



What to bring for retreat

Linen, pillow case + sheet or sleeping bag if you prefer (duvets and pillows are there)

Towel etc.

An open heart :o)

Daily programme - pilgrimage (circa timings)

07.15 Breakfast + lunch packs

08.00 Departure Centre for Inner Freedom

08.30 - 16.30 Pilgrimage with energy and Presence work meditations, breaks, swims etc.

17.00 Coming back to Inspiratoriet

18.30 Dinner

20.00 Short evening program with meditation and energy work

21.00 Goodnight

Daily programme other days

07.00 Voluntary Yoga (some days, depending on participants)

08.00 Breakfast

09.00 Morning session, energy and Presence work

12.30 Lunch

13.30 Free time, siesta, walks etc.

16.00 Afternoon session, energy and Presence work

18.30 Dinner

20.00 Short evening session with meditation and energy work

21.00 Goodnight

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@inspiratoriet.org for IBAN and SWIFT numbers.

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

Departure

The retreat ends after lunch on the 2nd of August. After that everyone helps clearing up after lunch before we hug and leave for the ferries.

We look forward to sharing our love for Samsø with you all!

Cecil and Bruhn

