The Power og Embodiment – Winter Retreat on Samsø

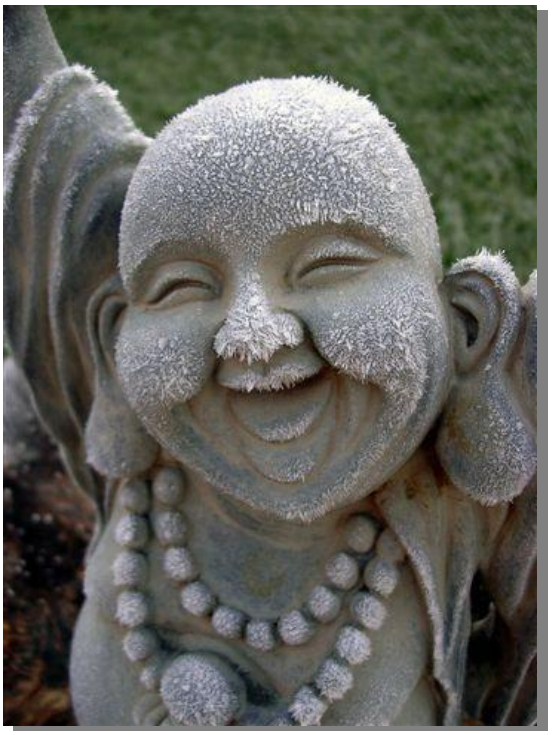
28th – 31st of January 2027 in Inspiratoriet.

What if the strength of your broadband connection to Cosmic Consciousness is directly correlated to your will and ability to receive and accept yourself in every moment – UNCONDITIONALLY?! The more we are able to accept and embrace ALL that we are, the more intense the experience of Freedom, Love and Interconnectedness to EVERYTHING becomes.

We will investigate together what holds us back and what helps us BE HERE NOW.

Some of the themes we will explore are:

- How can embodiment help us transform suffering into beauty?
- What does it mean that the body is our "deepest conversation"?
- What is the connection between embodiment and our ability to manifest?
- How can we work with and understand the different levels of acceptance?
- How can we shine a light through the traumas, beliefs and thought/feeling patterns that hinder the broadband connection?



On this retreat we will work in many different ways

With silent / guided / dynamic meditations, teaching based on question/answers, presence-, body- and resonance work and other things that arise in the space we create together. There will be periods of communal silence during the retreat for personal contemplation.



Teacher is Cecil Rye Olsen

More than 20 years ago I experienced a radical shift in consciousness. Since then I have explored what it means to be completely human and how I can increase my capability to embody the infinite consciousness and interconnectedness that is LIFE – lovingly, precisely and creatively. Proper magic can happen when we

surrender ourselves to the experience of each moment! This constant surrender has very direct effects on my relationships, work, preferences, choices and my ability to manifest, create and feel joy.

I hope to share the essence and the power of this inner work with you on this retreat. I have had the privilege to share this on numerous retreats and journeys over the years and it is always fresh, precise, loving and surprising – in perfect response to the space we manifest together <3

Daily program



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

Arrival: Before lunch on the 28th of January. Lunch will be served around 13.00 and we will have a check-in session around 15 with practical information, personal check-in and meditation.

Getting to Samsoe: 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: www.samsoelinjen.dk (from Sealand) and www.tilsamso.dk (from Jutland). We can help you book taxies or flexbus from the ferries to the retreat centre if you tell us when you arrive.

Payment and deposits. Price is 2.950 DKK including food and board. For Danes a non-refundable deposit of 1.500 kr. can be transferred to account no 8401 1196015 in Merkur Bank – all others please contact cecil@inspiratoriet.org for IBAN and SWIFT numbers.

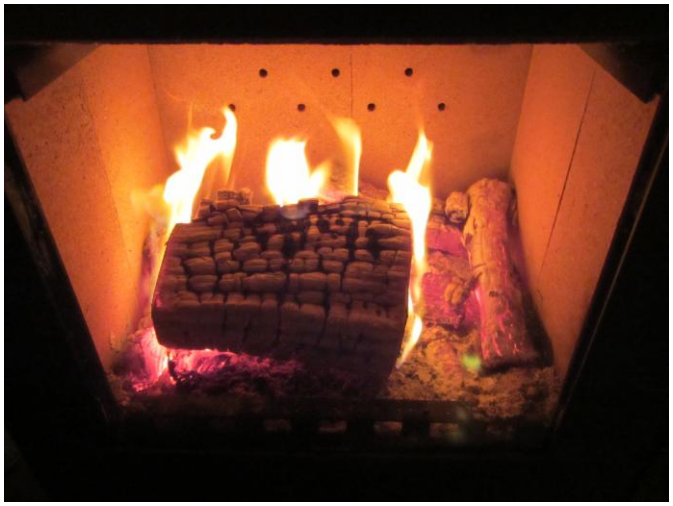
The remaining sum should be paid by bank transfer before the retreat starts.



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

The retreat center 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.

Food: is simple, vegan and as biodynamic as possible. You are invited to lend a helping hand with laying the tables, cooking, clearing etc.



Departure: The retreat ends after lunch on the 31st of January. After that everyone helps clearing up after lunch before we hug and leave for the ferries.

Looking very much forward to sharing space with you!

Much Love

Cecil