

THE INNER SANCTUARY

ENDING THE STRUGGLE WITH LIFE AND
RESTING IN THE SAFETY OF THE DEEP HEART

What goes to
the root of all your
SUFFERING and
EXHAUSTION?

Rediscovering
an honest,
embodied and
GROUNDED
SPIRITUALITY

How HEALING
can happen
when you
stop 'trying'
to heal.

How can you stay
PRESENT even in
the midst of pain
and discomfort?

How MEDITATION
can be simple and
effortless:
a fresh approach to
spiritual practice.

Who are you,
beyond your
thoughts and feelings?
What is SPIRITUAL
AWAKENING?



7-DAY RETREAT

with **Jeff Foster**

16 - 23 April 2021

Château Frandoux in Frandoux, Belgium

Daily yoga
& meditation
session

15 Group
meetings
with Jeff

Private retreat
centre with
sauna and
swimming lake

Comfortable
1- and 2-person
bedrooms

Delicious
vegetarian
meals enjoyed
in silence

www.LifeWithoutACentre.com

MORE INFORMATION:

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or click on the links below*

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THE INNER SANCTUARY

ENDING THE STRUGGLE WITH LIFE & RESTING IN THE SAFETY OF THE DEEP HEART

A 7-day retreat with Jeff Foster in the beautiful Belgian Ardennes

What if...

- ♥ your spiritual path cannot go wrong, and everything you think is wrong with you, is actually perfect for your path, including your suffering, confusion, stress and longing?
- ♥ true freedom is already here, deep in the 'muck and mess' of daily life, shining through the simplicity of the present moment, exactly as it is?
- ♥ there is healing power hidden inside your vulnerable human heart, in your pain and sorrow... and your deepest longings, aches, doubts, grief, and heartbreaks are actually portals to love, joy, beauty and creativity?
- ♥ spiritual enlightenment is simpler and more available than you ever believed?

Has your life become an endless, exhausting quest for self-improvement? Do you long to slow down, rest deeply, come out of repetitive and exhausting thinking, and be profoundly embraced, exactly as you are? Are you longing to 'come home' to your true nature?

Then come join spiritual teacher Jeff Foster for an immersive 7-day deep dive into a healing ocean of self-love, clear awareness and 'radical acceptance'. Jeff himself is a survivor of suicidal depression and chronic self-loathing, and knows what it's like to suffer... and to awaken from that suffering.

During the retreat, Jeff will talk openly, honestly and provocatively about the ups and downs of **the path of spiritual awakening**. Over the course of the retreat, we will explore topics such as...

- ♥ The paradox of healing: How true healing can happen when you stop 'trying' to heal.
- ♥ Why shame, unworthiness and even disgust can be portals to Oneness.
- ♥ How to stop running from life and finally rest deeply.
- ♥ How you can discover joy and peace even in the midst of pain and discomfort.
- ♥ How meditation can be simple and effortless: a fresh approach to spiritual practice.
- ♥ Why you don't need to 'silence your mind', 'get rid of your ego', or 'transcend your body'; rediscovering a grounded, embodied and deeply honest spirituality, rooted in non-dual truth, yet embracing all of our beautiful human imperfections.

*"After many years of speaking with thousands of seekers," Jeff says, "I have realised that underneath nearly all of our suffering, spiritual seeking and exhausting self-improvement quest, there is a primordial sense that we are not good enough, that there is something missing at our core, and that we are not safe. Paradoxically, when we stop trying to feel worthy, and end the fight to fix or transcend ourselves, we can begin to **discover we were never broken**, and there was never anything to fix. When we stop seeking a different moment and instead dive courageously into this one, we can actually heal the addiction of a lifetime, and find the one thing we were always longing for: intimacy with Life itself, and the safety of the Deep Heart."*



Each day on the retreat you will **rest in loving Presence with Jeff**. He will help you drop out of your busy mind and connect with your body, your breath and your authentic feelings, as they arise in the moment. With his trademark gentleness, humanness and humour, heartfelt talks and poetry, guided meditations, personal stories and honest dialogues, Jeff brings a powerful teaching of Presence, which lovingly dismantles our shame and unworthiness at its very root. He will remind you that you are perfect and whole, exactly as you are. **He will wake you up to the miracle of being alive**, and help you find true sanctuary within, no matter what life brings to you.

This retreat is a profound gift to yourself: an invitation to stop running away from life. To turn towards your joy, your bliss, your pain and your sorrow, and embrace everything in loving arms. To rest from the exhaustion of modern living, to slow down, and experience what is truly alive within you. It's a chance to dive deeply into Jeff's inspiring and comforting message, supported by peaceful natural surroundings, in a safe and nurturing environment with like-minded friends.

We look very much forward to seeing you at this 7-day retreat with Jeff in Belgium!

Château Frandoux



THE RETREAT

DATE

Starting on Friday 16th April 2021, arrival between 18:30 and 19:30 hours (after dinner!).
Ending on Friday 23rd April 2021 at 10:00 hours (after breakfast).

Leaving on Thursday evening after the final meeting is an option, but will not influence prices.

In your travel planning please be aware that on the day of arrival **the venue is accessible only from 18.30 hours**.

VENUE

Château Frandoux
Rue des Pèlerins 4
5580 Frandoux (Rochefort)
Belgium

Frandoux is located in the Belgian Ardennes, a region of great historic, cultural and natural attraction. The château is a stately mansion, built beside a lake and a private 25-hectare forest. A beautiful venue with an abundance of history and atmosphere.

For **travel information** click [here](#).



"Your pain, your sorrow, your doubts, your longings, your fearful thoughts: they are not mistakes, and they aren't asking to be 'healed'. They are asking to be held. Here, now, lightly, in the loving, healing arms of present awareness..."

- Jeff Foster

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Testimonials:

"Our world does not need any more gurus, teachers and saviours, but honest human beings, who live here among us, who strive to switch on a light-bulb in the darkness of the emotional underworld. Thanks, Jeff, for being a role model." - E.S.

"I felt accepted as never before...This retreat was very different from many others I did in the past 20 years. Not the kind where you feel 'high' just to get even lower when you go back to ordinary life, not the kind where you understand everything but actually fail to integrate anything... This may be the most valuable gift life ever gave me, and I am grateful for that." - D.H.



PROGRAM

During the retreat Jeff will hold at least 2 meetings per day of around 1½ hours each. In the meetings, Jeff will lead guided and silent meditations and offer spontaneous talks. There will also be opportunities to ask Jeff questions.

All meetings are English spoken, without translation.

Every morning before breakfast you are encouraged to take part in a 'mindful yoga' class, and in the afternoon it's recommended to join a silent meditation session.

Free time during the days can be spent resting and doing absolutely nothing! Or, for example, you could go walking in the woods or relax in the sauna. You may spend time alone and in silence, or connect and share with your fellow retreatants... however your heart guides you.

Please mind that this will NOT be a silent retreat. However, we will enjoy all meals together in silence. In addition, the meeting room will be turned into a silent area for the whole week. And if you yourself wish to be fully silent for any period of time during the retreat, we can supply you with an 'I am in silence' tag to make this known to the group.



Testimonials:

"What happened in that retreat is inexplicable. Something very profound changed forever... I do not need 'me' anymore... The Presence that expressed itself through Jeff, the depth of being cannot be explained, but so deeply felt. That was like a recognition in the heart of something so big that it cannot be put into words." - J.P.

"Jeff has been the biggest life-changer and presence-bringer I needed in my life. I am forever grateful to him for helping me to stay Present and accept my full humanity, in all of its doubts, fears, sorrows, its sensations, feelings and its joy. Truly, thank you!" - R.L.



COST

PRIVATE RATES:

You will not receive an invoice; the bank transfer is your proof of payment.

- € 1.195 Full board and a shared **double room** with separate beds and a sink (same gender). Shared toilets & showers in the corridor. Price is per person. *Limited number available!*
- € 1.295 Full board and a shared **double room** with separate beds and a private shower & toilet (same gender). Price is per person.
- € 1.495 Full board and a **single room** with a sink. Shared toilets & showers in the corridor.
- € 1.695 Full board and a **single room** with private shower & toilet. *Very limited number available!*

COMPANY RATES:

Prices exclude BTW (VAT). A business invoice will be issued for tax deductibility purposes.

- € 1.435 Full board and a shared **double room** with separate beds and a sink (same gender). Shared toilets & showers are in the corridor. Price is per person.
- € 1.555 Full board and a shared **double room** with separate beds and a private shower & toilet (same gender). Price is per person.
- € 1.795 Full board and a **single room** with a sink. Shared toilets & showers are in the corridor.
- € 2.035 Full board and a **single room** with private shower & toilet. *Very limited number available!*

DISCOUNTED RATE:

Please contact Menno for a special rate if you are on social welfare.

Click on: menno@freeflowcoaching.nl.

INCLUDED IN THE PRICE ARE:

- All group meetings with Jeff
- 7 Nights stay
- 3 Delicious buffet meals per day (lunch and dinner are vegan, breakfast is vegetarian)
- Daily yoga, meditation and other possible group activities
- Use of sauna
- Coffee, tea, water and fruit syrups all day

Please note that, contrary to retreats with Jeff in the past, participants have no longer an obligation to help prepare food or clean up after meals. But feel free, if you wish to do so.

The rooms in the venue differ in size, comfort and view, and the best rooms will be allocated first, in order of received payment.

Camping on site is not permitted.



Testimonial:

"Jeff has no lineage. So, he has no spiritual guru baggage to carry around. His meetings are just raw, naked, unconditional love. This is a new teacher for a new time with a timeless message." - R.P

BOOKING & PAYMENT

Please send an e-mail to Menno in English or Dutch to check availability of your preferred type of room, and inform him if you would like to pay the private rate or company rate. A registration form will then be mailed to you to fill out. Click on: menno@freeflowcoaching.nl.

The reservation of your room is confirmed only after receipt of your full payment.

The necessary bank account details are mentioned on the registration form.

CANCELLATION TERMS - please note carefully

- € 50 of the price paid is non-refundable.
- 50% of the price paid is non-refundable, if you cancel after 4th March 2021.
- There is no refund, if you cancel after 1st April 2021, or leave early during the week.
- We recommend taking out cancellation insurance.



Testimonial:

"The retreat was the most deeply relaxing experience I've ever had. It was really beautiful to be able to sink completely into stillness and the mystery that all of this is. For the largest part of the retreat, the sensation of 'heart opening' was felt as a virtual constant, something not experienced so deeply and prolonged so far." - A.G.

EXTRA COVID-19 CANCELLATION TERMS

- Cancellation by us - Corona related:

Considering the uncertainties around the Corona pandemic, please take into account the chance we need to cancel the retreat due to new governmental regulations. In this unfortunate case the paid event fee will be fully refunded to you, including the administration fee of € 50, which is normally non-refundable. However, any other costs regarding this retreat, for example travel expenses, will not be refunded.

- Cancellation by you - Corona related:

In case you have registered and paid for the retreat, you are entitled to a full refund, minus the non-refundable administration fee of € 50, if you need to cancel because...

- you have been tested positive for Corona virus or diagnosed with COVID-19 by an official medical institution, or
- governmental Corona regulations do not allow you to travel to Belgium.

In either case any other costs regarding this retreat, for example travel expenses, will not be refunded.

COVID-19 PRECAUTIONS TAKEN BY THE VENUE

Château Frandeu has many procedures in place to protect the health and well-being of all retreat participants.

A few examples of the precautions that are currently taken are a maximum amount of 40 participants, social distancing of 1½ meter in the meeting room, ventilation of spaces regularly, fixed dining room seating, face masks for the staff during meals, multiple hand sanitizer stations, only paper towels in toilets, and a lot of extra cleaning.

The Belgian regulations, measures and guidelines will continuously be monitored for any changes, and the organization of the retreat will be adjusted accordingly, if needed.

If we all do our part in following the rules, we will all be able to enjoy and fully benefit from what this retreat with Jeff has to offer.

Okay,
let's do this together.

#WEAREREADY



TRAVEL INFORMATION

Château Frandoux
Rue des Pèlerins 4
5580 Rochefort - Frandoux
Belgium

IN YOUR TRAVEL PLANNING PLEASE BE AWARE THAT ON THE DAY OF ARRIVAL THE VENUE IS ACCESSIBLE ONLY FROM 18:30 HOURS.

By car to Frandoux:

Click on [chateau](#) to create your personal Google Maps directions to Frandoux.

By car from an airport nearby to Frandoux:

Distance and estimated travel time by car, *not* taking into account possible traffic jams:

- 85 km - 60 min → from Brussels South Charleroi Airport (CRL) to Frandoux
- 110 km - 70 min → from Brussels Zaventem Airport (BRU) to Frandoux
This airport is the best choice for a carpool to Frandoux.
- 140 km - 85 min → from Luxembourg Airport (LUX) to Frandoux
- 240 km - 2¼ hours → from Cologne Bonn Airport (CGN) to Frandoux

By carpool to Frandoux:

On your registration form you will be able to indicate whether you like to be part of a carpool to Frandoux, as a driver or as a passenger. About a week before the start of the event the carpool list, with contact details of all drivers and potential passengers, will be e-mailed to the participants who have shown interest, so they can contact each other to arrange transportation.

Please note that the organisation cannot guarantee that the carpool will work out for you!

By public transport or taxi to Frandoux:

Click on www.bahn.com to plan a train journey from anywhere in Europe to **Jemelle**, which is the nearest train station to Château Frandoux, at 10 km distance.

From *Jemelle* station **BUS 166C** leaves on Friday at **17:40 hours** in the direction of *Rochefort Briquemont*. It stops at around 18:15 almost in front of the château in Frandoux. This is the only bus available around the required time of arrival. For the general bus schedule, please consult: [Bus 166C](#).

For a **TAXI** to Château Frandoux from an airport, or vice versa, this website could be useful: www.city-airport-taxis.com. Use 'Rochefort - All locations' as destination. Booking in advance is highly recommended!

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