

# ENDING THE INNER WAR

RESTING IN PRESENCE...  
AND JOYFULLY EMBRACING THE MESS OF LIFE!

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

Rediscovering  
an honest,  
embodied and  
GROUNDED  
SPIRITUALITY

How to stop  
running from  
life and finally  
REST DEEPLY?

How can you  
STAY PRESENT  
even in the midst of  
pain, discomfort  
and suffering?

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 December 2019

Château Franदेux in Franदेux, 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](http://www.LifeWithoutACentre.com)

### MORE INFORMATION:

*Scroll through the document,  
or click on the links below*

[Ending The Inner War](#)

[The Retreat](#)

[Travel Information](#)

# ENDING THE INNER WAR:

## RESTING IN PRESENCE... AND JOYFULLY EMBRACING THE MESS OF LIFE

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

What if...

- ♥ everything you think is wrong with you, is actually right?
- ♥ spiritual enlightenment is already here, shining through the simplicity of this moment, exactly as it is?
- ♥ the divine perfection you've always been seeking is actually contained in the midst of your tender vulnerability and glorious human imperfections?
- ♥ there is precious alchemical medicine hidden inside your pain, and your deepest longings, aches, doubts, grief, and heartbreak are portals to joy and healing?

Has your life become an endless 'self-improvement project'? After years of working on yourself, meditation, therapy, spiritual seeking and trying to 'quiet your mind' or 'lose your ego', do you still feel far from where you wanted to be? Do you long to slow down, rest, come out of repetitive and exhausting thinking, and be deeply embraced, exactly as you are?

Come join non-dual spiritual teacher Jeff Foster for an immersive 7-day deep dive into the depths of self-love, clear awareness and radical self-acceptance. Jeff himself is a survivor of suicidal depression and chronic self-loathing. With his trademark gentleness and humour he brings a powerful core teaching of Presence, which lovingly dismantles shame and unworthiness at its very root, and wakes us up to **the miracle of being alive**.

During the retreat, Jeff will talk openly, honestly and provocatively about the myths of spiritual awakening and healing. He will cover topics such as....

- ♥ How to stop running from life and finally rest deeply.
- ♥ The joy of 'beginning again in every moment'.
- ♥ Why 'working on yourself' doesn't always work.
- ♥ How true healing can happen... when you stop 'trying' to heal!
- ♥ Why you don't need to 'silence your mind', 'get rid of your ego', or 'transcend your body' anymore; rediscovering a grounded, embodied and honest spirituality.
- ♥ How meditation can be simple and effortless: a fresh approach to spiritual practice.
- ♥ Why 'doing nothing' can sometimes be the best solution of all.
- ♥ How you can discover joy and peace even in the midst of pain and discomfort.
- ♥ Why shame, unworthiness and even disgust can be portals to Wholeness.



"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. 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.**"

Each day on the retreat you will rest in Presence with Jeff. In his own unique, playful and human way, he will help you drop out of your busy mind and connect with the living moment, your body and your authentic feelings. Through heartfelt talks, easy and restful guided meditations, silence, personal stories and honest dialogues, he will remind you that you are perfect and whole, exactly as you are. He will help you stay present and connected with yourself, no matter what life throws at 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 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!

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# Château Frandeux



## THE RETREAT

### DATE

Starting on Monday 16<sup>th</sup> December 2019, arrival between 18:30 and 19:30 hours (after dinner!).  
Ending on Monday 23<sup>rd</sup> December 2019 at 10:00 hours (after breakfast).

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

### VENUE

**Château Frandeux**  
**Rue des Pèlerins 4**  
**5580 Frandeux (Rochefort)**  
**Belgium**

Frandeux 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 retreat with Jeff will NOT have any fully silent days. 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.**

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### 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 in this case; the bank transfer is your proof of payment.

€ 1.045 Full board and a shared, spacious **6 person dorm** with separate beds (mixed gender). Shared toilets & showers in the corridor. Price is per person.

€ 1.195 Full board and a shared **double room** with separate beds and a sink. 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. 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 are excluding 21% BTW (VAT). A business invoice will be issued for tax deductibility purposes.

€ 1.305 Full board and a shared **6 person dorm** with separate beds. Shared toilets & showers in the corridor. Price is per person.

€ 1.495 Full board and a shared **double room** with separate beds and a sink. Shared toilets & showers are in the corridor. Price is per person.

€ 1.620 Full board and a shared **double room** with separate beds and a private shower & toilet. Price is per person.

€ 1.870 Full board and a **single room** with a sink. Shared toilets & showers are in the corridor.

€ 2.120 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.

## 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@freeflowcoaching.nl](mailto:menno@freeflowcoaching.nl) 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.

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 1<sup>st</sup> November 2019.
- There is no refund, if you cancel after 1<sup>st</sup> December 2019, 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.*



## TRAVEL INFORMATION

**Château Frandoux  
Rue des Pèlerins 4  
5580 Rochefort - Frandoux  
Belgium**

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

### **By car to Frandoux:**

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

### **By car from an airport nearby to Frandoux:**

Distance - estimated travel time:

- 90 km - 55 min → from Brussels South Charleroi Airport - Belgium
- 110 km - 1 hour → from Brussels Zaventem Airport - Belgium
- 135 km - 1¼ hours → from Luxembourg Airport - Luxembourg
- 235 km - 2¼ hours → from Cologne Bonn Airport - Germany

### **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:**

- From The Netherlands, please consult: [www.nsinternational.nl](http://www.nsinternational.nl)
- From Belgium, please consult: [www.belgiantrain.be](http://www.belgiantrain.be)
- From Germany, please consult: [www.bahn.com](http://www.bahn.com)
- From France, please consult: <https://oui.sncf>
- From Luxembourg, please consult: [www.cfl.lu](http://www.cfl.lu)

Nearest train station to Frandoux is called **Jemelle**, a village at 10 km distance.

From this 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, please download the international taxi app to your smartphone on [www.taxi.eu](http://www.taxi.eu). For a taxi to or from an airport, this website could be useful: [www.city-airport-taxis.com](http://www.city-airport-taxis.com). Booking in advance is highly recommended!