MORE INFORMATION:

Scroll through the document,
or click on the links below

The Retreat: An Immersion In Presence

Practical Details Retreat

Travel Information

AN IMMERSION IN PRESENCE

AWAKENING TO THE ORDINARY MIRACLE OF BEING ALIVE

A 7-day 'Deep Rest' Retreat with Jeff Foster in the beautiful Belgian Ardennes

Deep rest for body and mind
Enjoy a nourishing, healing and immersive week with Jeff Foster, teacher of the 'pathless path of non-duality'. With authenticity, humour, wisdom and raw vulnerability, Jeff will invite you back home… to your authentic self, to your true nature, and to a deep trust in your path.
Jeff is a survivor of self-hatred, chronic illness, suicidal depression, and even addiction to 'spiritual enlightenment'. He understands what it's like to suffer. But he also knows the freedom and relief on the other side. He knows Presence, our true Home.

Discovering the light that you are
Jeff teaches that in the midst of darkness, there is always an inextinguishable Light, an unbreakable Presence that loves us and says "YES!" to us, exactly as we are - including all of our imperfections, flaws, doubts and perceived 'failures'.
Jeff makes meditation, and spirituality itself, simple, joyful, human – and humorous – again. His contemplations, talks and teachings are suitable for everyone, of any age, ability and background. This is 'trauma-informed spiritual awakening' for a new generation; ancient wisdom shared simply, directly, without dogma, without jargon, deeply relatable, and with a giant dose of playfulness and warmth.

"I am in love, more than ever, with the sensitive, vulnerable, imperfect, awkward, shy and shaky humans that we all are, underneath the myriad of spiritual masks we wear.

I am in love with how damn hard we try to get things right sometimes, and how damn sacred it is to fail.

I am in love with our vulnerability, the cracks in our armour and defences, the soft fleshy parts that we try so hard to hide.

Non-duality is not some abstract philosophy. It's nothing less than a love affair with duality, with our humanity.

It binds the feminine and the masculine principles and renders all our ordinary moments sacred.

It is the extraordinary in the ordinary, the divine in the human - and You Are That."

- Jeff Foster

A sacred pause for you
This retreat with Jeff is a very special gift to yourself: an invitation to stop running away from life, to turn towards your 'inner weather' - your joy, your bliss, your pain and your sorrow – and embrace it all in loving arms, hold it all in the 'Sky' of yourself. It's an invitation to discover Who You Really Are, underneath what the world tells you to be, beyond what you think you 'should' be.
This retreat gives you permission to slow down, to pause, to stop, to relax and rest from the exhaustion of modern living, from the seeking and striving of a lifetime. It gives you the space to turn towards your heart and body, and experience what is truly alive within you. It's a great opportunity to dive deeply into Jeff's heart-opening message of self-acceptance, surrounded by peaceful nature, nourished by good food, and supported in a safe and nurturing environment with like-minded friends.

A loving, supportive field
Through spontaneous and heartfelt talks, regular guided meditations, powerful silences, personal stories and honest, playful dialogues, Jeff will remind you that you are perfect and whole, exactly as you are. He will guide you into staying present, even when confronted with the 'mess' and pain of your life. He will help you face your difficult feelings, uncomfortable urges, painful longings or bodily contractions with a little more courage, a little more presence, a little more trust.
Come join us and discover that you were never broken, never un-whole, never un-enlightened, and there was never anything to fix. Wake up to the "ordinary miracle" of being alive. Wake up to the Now, this precious present moment.

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

Testimonials:

"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.

"Jeff's words melt my heart and create an Oasis where I can rest and be myself."

"I have 'known' all this stuff for years, but Jeff moved it all from my head to my heart… The 'nuts and bolts' of Being Here Now… Falling into the arms of life..."

"Jeff's expression in this world gives me the permission to be wonderfully messily and chaotically human. Something I never gave myself. His expression literally saved me..."

Back to top

PRACTICAL DETAILS RETREAT

DATE

Starting on Friday 24th November 2023, arrival between 18:30 and 19:30 hours (after dinner!).
Ending on Friday 1st December 2023 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 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

Back to top

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 meetings daily. In these meetings he will lead guided and silent meditations and offer 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. Other group activities might spontaneously be planned as well, depending on what feels appropriate in the moment.

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.

SILENT TIMES

Please mind that this will not be a fully 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*' badge to make this known to the group.

Back to top

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.

€ 1.170 Full board and a shared **6-person dorm** with separate beds (mixed gender). Shared toilets & showers in the corridor. Price is per person.

€ 1.335 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!*

€ 1.450 Full board and a shared **double room** with separate beds and a private shower & toilet (same gender). Price is per person.

€ 1.675 Full board and a **single room** with a sink. Shared toilets & showers in the corridor.

€ 1.895 Full board and a **single room** with private shower & toilet. *Very limited number available!*

Back to top

COMPANY RATES:
Prices are exclusive of 21% btw (vat). A business invoice will be issued for tax purposes.

€ 1.350 Full board and a shared **6-person dorm** with separate beds (mixed gender). Shared toilets & showers in the corridor. Price is per person.

€ 1.540 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. *Limited number available!*

€ 1.675 Full board and a shared **double room** with separate beds and a private shower & toilet (same gender). Price is per person.

€ 1.935 Full board and a **single room** with a sink. Shared toilets & showers are in the corridor.

€ 2.185 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: menno@freeflowcoaching.nl. Discounts do not apply to single rooms, and please mind that when receiving a discount, you may be asked to assist in some smaller tasks during the event.

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:
- The rooms in the venue differ in size, comfort and view, and the best rooms will be allocated in order of received payment.
- If you know you snore at night, then please consider booking a single room. Likewise, if you're sensitive to sounds at night, we recommend booking a single room. Moving to a single room *during the retreat* is usually not possible, since most retreats are fully booked. If a room happens to be still available, then please beware the single room rate will apply.
- A maximum of 68 places are available for this retreat.
- 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

Back to top

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. The e-mail address is: 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

- € 50 of the price paid is non-refundable.
- 50% of the price paid is non-refundable, if you cancel after **26th October 2023**.
- There is no refund, if you cancel after **9th November 2023**, or leave early during the week.
- We recommend taking out cancellation insurance.
- In the unfortunate case you will need to cancel your reservation, your payment cannot be used as an advanced payment for a possible next event with Jeff Foster. However, your booking for this retreat can be transferred to someone else under the following conditions:
  - Payment of an administrative fee of € 75.
  - There is no waiting list for the type of room you booked at the time of your cancellation.
  - In case you booked a place in a *shared double room*, the person replacing you is of the same sex.

*"**The word 'depressed' can be spoken as 'deep rest'**. We can view depression not as a mental illness but as a state of 'Deep Rest', a spiritual exhaustion that we enter into when we are de-pressed – or pressed down - by the weight of the false self, the lies that our culture imposes on us, the mask we wear to hide the pain, the mind-made story of 'me'. We long to stop pretending, and express our raw truth! To give voice to our secret loneliness, our shame, our broken hearts, our boredom and brilliant rage! There is no shame in our exhaustion, and our depression is holy, for it contains the seeds of new life. Allow yourself to rest. And weep. And breathe. And begin again…"*

- Jeff Foster

Back to top

TRAVEL INFORMATION

Château Frandeux
Rue des Pèlerins 4
5580 Rochefort - Frandeux
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 Frandeux:

Click on chateau to create your personal Google Maps directions to Frandeux.

By car from an airport nearby to Frandeux:

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

By carpool to Frandeux:

On your registration form you will be able to indicate whether you like to be part of a carpool to Frandeux, as a driver or as passenger. About 10 days 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 Frandeux:

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

The nearest **train** station to Frandeux is called **Rochefort-Jemelle**, a village at 10 km distance.

From *Rochefort-Jemelle* station **bus 166C** leaves every Friday at **17:40 hours** in the direction of *Briquemont*. It stops at around 18:15 almost in front of the château in Frandeux. This is the only bus available around the required time of arrival. For the general bus schedule, please consult: Bus 166C.

From *Rochefort-Jemelle* station a free **private taxi service** will also be available on Friday. This 'Jeff Foster Taxi' will arrive at 18:15 hours, and be parked close to the station's main entrance until its departure time at **18:30 hours**. The drive to Château Frandeux will take 10 - 15 minutes.