

**What is spiritual awakening?  
What is true meditation? What is true healing?  
What is the root of all human suffering?  
Who are you, beyond your thoughts?**

## **THE DEEPEST ACCEPTANCE**

**Radical awakening in ordinary life**



with **Jeff Foster**

### **7-DAY RETREAT**

**29 November - 6 December 2013  
Château Frandoux in Frandoux, Belgium**

16 Group meetings with Jeff and 5 silent days  
Private retreat centre with sauna, solarium & swimming lake  
Comfortable 1- and 2-person bedrooms  
Daily yoga and meditation session optional  
Delicious vegetarian meals

**[www.LifeWithoutACentre.com](http://www.LifeWithoutACentre.com)**

#### **MORE INFORMATION:**

**Press Ctrl & click on the links below**

[An Effortless Yes To Life](#)

[The Retreat](#)

[About Jeff Foster](#)

[Jeff's Books & CD's](#)

[Travel Information](#)

# **"AN EFFORTLESS 'YES' TO LIFE - LIVING THE DEEPEST ACCEPTANCE"**

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

*How do we stop running away from 'the mess of life' - our pain, our predicaments, our frustrations, our failures, even our longing for freedom and enlightenment - and start flowing with all of it?*

*Is it possible to find an effortless 'yes' to this moment, no matter how challenging our lives become?*

*Is it possible to stop seeking love, peace and enlightenment in the future, and discover them where you already are, right here and now?*

This 7-day retreat, including 5 days of silence, is the ultimate way to rest from the busyness of daily life, to slow down, relax and experience what is truly within. It's a great chance to dive deeply into Jeff's message of deep acceptance and fearless living, supported by peaceful natural surroundings, in a safe and nurturing environment. Through talks, guided meditations, intimate dialogues, laughter, tears, and silence, Jeff will invite us to take a fresh look at our present experience and discover the ocean of who we really are: *a non-dual awareness that has already allowed every wave of thought and emotion to arrive.*



Just as the ocean 'accepts' every wave, so too has our awareness already allowed and accepted what is here. Jeff talks of deep acceptance not as a passive surrender, but as an intelligent and creative emerging into life just as it is. And it is not something that happens 'one day', or only happens to special people - it is always happening, if we have eyes to see it.

Recognizing ourselves as the ocean of deep acceptance radically transforms and simplifies the way we see the world - our relationships, how we communicate, our attitude towards our thoughts, emotions and fears, how we deal with physical pain, depression or addictions, and our search for spiritual enlightenment.

Candid, thoughtful, humorous - and deeply compassionate toward those searching for a way out of suffering - Jeff inspires us to stop trying to 'do' acceptance... and start falling in love with 'what has already been allowed.' His simple, accessible and direct teachings point us back to who we really are in this moment - already perfect, whole, and free.

Silence, laughter, lightness, and a sense of real intimacy, honesty and friendship are the hallmarks of encounters with Jeff. His meetings are very spontaneous and informal, and there are plenty of opportunities to share and ask questions, if you are so moved.

We look forward to seeing you in *Château Frandeux* in November!

### Testimonials:

*"I wanted to let you know that during my trip back from the retreat, something fell away, or shifted, I don't know, but suddenly everything was crystal clear. No-one was here, doing the seeing. Nothing was happening (and yet everything was happening). Everything was still, empty, and at the same time everything was bursting with life..." - R.V.*

*"I absolutely loved my retreat with Jeff. I really feel it has brought so much value, and a true peace, to my days and my life..." - C.T.*

*"The retreat with Jeff stood out for me in its simplicity and comparatively relaxed schedule. Yet at the same time the view that was offered was very profound and impactful in its directness. The message is not new, but was brought to me in a new way and helped me to relax into reality very deeply... !" - O.E.*

For more testimonials, please visit Jeff's website: [testimonials](#)

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# Château Frandoux



## THE RETREAT

### Date

Starting on Friday 29<sup>th</sup> November 2013, arrival between 19:00 and 19:30 hours (after dinner!).  
Ending on Friday 6<sup>th</sup> December 2013 at 10:00 hours (after breakfast).

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

### 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 25 hectare forest. A beautiful, spacious venue with an abundance of history and atmosphere.

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





## **Program**

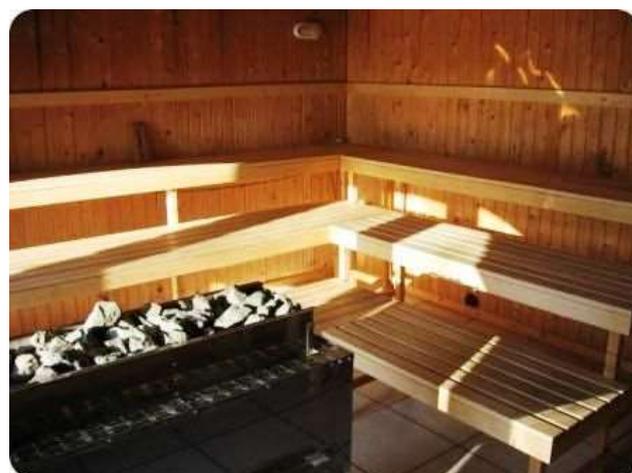
During the week Jeff will hold 16 group meetings of around 1½ hours each. Attendance of all meetings is not obligatory, but very highly recommended. In the meetings there will be many opportunities to ask questions, to explore your experience, to engage in dialogue, or just to sit in silence and relax into your present experience, as it is. All meetings are English spoken, without translation.

**At this retreat you are invited to commit to 5 days of collective silence between meetings.** During these 5 days you are invited to abstain from talking or whispering, using cell phones/laptops, reading books/magazines, or listening to music. During the silent days the group meetings will continue as usual. Beside this, please note that throughout the whole week meals will be enjoyed together in silence too.

Every morning before breakfast there will be an optional yoga class and in the afternoon it's possible to join a silent meditation session. Free time during the days can be spent relaxing and doing absolutely nothing! Or, for example, you could go walking in the woods, relax in the sauna, swim in the lake or use the solarium (sunbed).

Friday morning after breakfast, the retreat will end.

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## Cost

### **PRIVATE RATES:**

- € 740 Full board and a shared **double room** with separate beds and a sink. Shared toilets & showers in the corridor. Price is per person.
- € 840 Full board and a shared **double room** with separate beds and a **private shower & toilet**. Price is per person.
- € 890 Full board and a **single room** with a sink. Shared toilets & showers in the corridor.
- € 990 Full board and a **single room** with **private shower & toilet**. *Limited number available!*

### **COMPANY RATES:**

Prices are excluding 21% BTW, a business invoice will be issued for tax deductibility purposes.

- € 1.000 Full board and a shared **double room** with separate beds and a sink. Shared toilets & showers are in the corridor. Price is per person.
- € 1.140 Full board and a shared **double room** with separate beds and a **private shower & toilet**. Price is per person.
- € 1.210 Full board and a **single room** with a sink. Shared toilets & showers are in the corridor.
- € 1.345 Full board and a **single room** with **private shower & toilet**. *Limited number available!*

### **DISCOUNTED RATES:**

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

Camping on site is not permitted.

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

**Included in the price are:**

- All 16 group meetings with Jeff
- 7 Nights stay in a single or double room
- 3 Delicious vegetarian meals per day
- Daily yoga, meditation and other possible group activities
- Use of sauna or solarium
- Coffee, tea and fruit syrups all day

***Please note: we have 4 volunteers helping us organise this retreat, but we will make a (limited) appeal to participants to help prepare food and clean up after meals.***

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**Booking & payment**

Please send an e-mail to [menno@freeflowevents.nl](mailto:menno@freeflowevents.nl) and check availability of your preferred type of room and inform him what rate you wish to have. A registration form will then be mailed to you to fill out.

The reservation of your room is confirmed only after a **deposit of € 250** is received.

Please note that the **full balance** is to be received in our bank account **by 29<sup>th</sup> October 2013**, otherwise we are entitled to cancel your reservation.

If you book after 29<sup>th</sup> October 2013 you will need to pay the full price upon booking.

The bank account details for payment are mentioned on the registration form.

**Cancellation terms - please note carefully!**

- € 50 of your deposit is non-refundable.
- Fifty percent of the price paid is non-refundable if you cancel after 29<sup>th</sup> October 2013.
- There is no refund, if you cancel after 14<sup>th</sup> November 2013 or leave early during the week.
- We recommend taking out cancellation insurance.

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## ABOUT JEFF FOSTER

Jeff was voted #51 on Watkins Mind Body Spirit Magazine's 2012 list of the world's 100 Most Spiritually Influential Living People and has published four books in over six languages. His latest book *The Deepest Acceptance* was published in 2012 by Sounds True.

Jeff speaks in a very clear and simple way about the journey of awakening and self-realization. He presently holds meetings, retreats and private one-to-one sessions around the world, gently but directly pointing people back to the deep acceptance inherent in the present moment. He points to a discovery of who you really are, beyond all thoughts and judgments about yourself, even in the midst of the stress and struggle of modern day living and intimate relationships.

His teaching style is direct and uncompromising and yet full of humanity, humour and compassion. He believes that freedom is everybody's birthright. He belongs to no tradition or lineage, and makes his teaching accessible to all.

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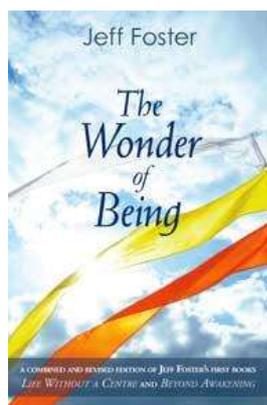
## JEFF'S BOOKS & CD'S

All books and CD's underneath are sold at the retreat, but can also be ordered now by sending an e-mail to [menno@freeflowevents.nl](mailto:menno@freeflowevents.nl).

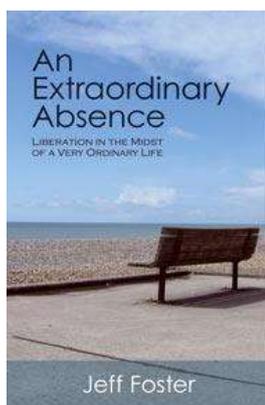
For reviews and content of books, please visit Jeff's website book page. Click on [books](#).



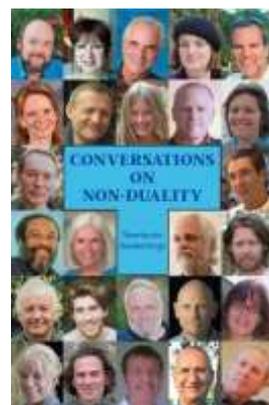
€ 21



€ 17



€ 15



€ 19



€ 49



€ 15



€ 15

**Prices include delivery cost within The Netherlands.**

**There is an extra charge of € 5 for deliveries to the rest of Europe.**



€ 15



€ 15



€ 15



€ 15



€ 15



## TRAVEL INFORMATION

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

(Press Ctrl and) click on [chateau](#) for Château Frandoux on Google Maps.

### By car to Frandoux:

- From Rotterdam: 250 km - 2½ hours
- From Utrecht: 275 km - 2¾ hours
- From Amsterdam: 310 km - 3 hours
- From Groningen: 455 km - 4¼ hours
  
- From Brussels: 110 km - 1¼ hours
- From Antwerp: 150 km - 1½ hours
- From Gent: 175 - 1¾ hours
- From Brugge: 215 km - 2¼ hours
  
- From Luxembourg: 125 km - 1¼ hours
  
- From Paris: 365 km - 3½ hours
  
- From Bonn: 250 km - 2½ hours
- From Dortmund: 315 km - 3 hours
- From Frankfurt: 415 km - 3¾ hours
- From Hamburg: 650 km - 6 hours
- From München: 690 km - 6½ hours
- From Berlin: 800 km - 7¼ hours

### By car from an Airport nearby to Frandoux:

- From Brussels South Charleroi Airport (B):  
90 km - 55 min
  
- From Brussels Zaventem Airport (B):  
110 km - 1 hour
  
- From Luxembourg Airport (L):  
135 km - 1¼ hours
  
- From Maastricht Airport (NL):  
145 km - 1½ hours
  
- From Cologne Airport (D):  
235 km - 2¼ hours

### By public transport to Frandoux:

- From The Netherlands, please consult: [www.nshispeed.nl](http://www.nshispeed.nl)
- From Belgium, please consult: [www.belgianrail.be](http://www.belgianrail.be)
- From Germany, please consult: [www.bahn.de](http://www.bahn.de)
- From France, please consult: [www.voyages-sncf.com](http://www.voyages-sncf.com)

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

From this station **BUS 166C** leaves on Friday at 17:30 hours in the direction of *Rochefort Briquemont*. It stops at around 18:10 almost in front of the château in Frandoux. **Please mind that if you take this bus, you do have about an hour to kill in the village of Frandoux, because the chateau is accessible only from 19:00 hours!!** For the general bus schedule, please consult: [Bus 166C](#).

For a **TAXI** from anywhere to Château Frandoux this website could be useful: [www.taxi2station.be/en](http://www.taxi2station.be/en)