

THE WAY OF REST ☺
FINDING THE COURAGE
TO HOLD EVERYTHING IN LOVE

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

How can you bring true acceptance into your RELATIONSHIPS?

How can you work with ADDICTIONS in a more loving way?

How can you stay PRESENT even in the midst of heartbreak and shattered dreams?

Is it really possible to CHANGE yourself and your life by personal effort?

WHO ARE YOU, beyond your thoughts and feelings? What is spiritual AWAKENING?



7-DAY RETREAT
with **Jeff Foster**
18 - 25 November 2016
Château Frandoux in Frandoux, Belgium

Daily yoga & meditation session

16 Group meetings with Jeff and 5 silent days

Private retreat centre with sauna and swimming lake

Comfortable 1- and 2-person bedrooms

Delicious vegetarian meals

www.LifeWithoutACentre.com

MORE INFORMATION:

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or press Ctrl & click on the links below*

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THE WAY OF REST:

FINDING THE COURAGE TO HOLD EVERYTHING IN LOVE

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

Join Jeff for 7 days of talks, intimate dialogues, silence, and guided meditations in a healing, dogma-free field of safety and friendship. With Jeff's loving guidance, we will explore:

- accepting ourselves exactly as we are - including our non-acceptance!
- discovering our true Home in the present moment
- letting go of the exhausting search for 'something more' and resting in natural awareness
- busting the myths of spirituality and self-improvement
- discovering true healing right where we are, closer than breathing...

"Stop trying to heal yourself, fix yourself, even awaken yourself. Let go of 'letting go'. Stop trying to fast-forward the movie of your life, and bow deeply to yourself as you actually are. Honour this present scene in the movie. Breathe. Feel your feet on the ground, your belly rising and falling. Your pain, your sorrow, your doubts, your deepest longings, your fearful thoughts are not mistakes, and they aren't asking to be healed. They are asking to be held. Here, now, in the loving arms of present awareness..."

This 7-day retreat, including 5 days of silence, 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, reconnect with your presence, sink into your breath and your body, and experience what is truly alive within you. It's a chance to dive deeply into Jeff's message of deep acceptance and courageous living, supported by peaceful natural surroundings, in a safe and nurturing environment with like-minded friends. Through talks, guided meditations, intimate dialogues, laughter, tears, and silence, Jeff will invite us in his own unique way to take a fresh look at our present experience and discover the ocean of who we really are: *an open and loving 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 here, closer than breathing...

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 at this 7-day retreat with Jeff in Belgium!

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 was touched by Jeff's unconditional welcoming, by his simplicity and honesty. I appreciated his ability not to provide answers, not to orient people towards his personal inclinations, but rather gently being totally present for everyone. I felt accepted as never before... This retreat was very different from many others I did in the past twenty 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.

"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.

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

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Château Frandoux



THE RETREAT

Date

Starting on Friday 18th November 2016, arrival between 18:30 and 19:30 hours (after dinner!).
Ending on Friday 25th November 2016 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 about 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 meet your present experience, exactly 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/computers, reading books/magazines, or listening to music. During the silent days the group meetings will continue as usual.

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 relaxing and doing absolutely nothing! Or, for example, you could go walking in the woods or relax in the sauna.

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Cost

PRIVATE RATES:

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

- € 795 Full board and a shared **double room** with separate beds and a sink. Shared toilets & showers in the corridor. Price is per person.
- € 895 Full board and a shared **double room** with separate beds and a **private shower & toilet**. Price is per person.
- € 995 Full board and a **single room** with a sink. Shared toilets & showers in the corridor.
- € 1.145 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.

- € 995 Full board and a shared **double room** with separate beds and a sink. Shared toilets & showers are in the corridor. Price is per person.
- € 1.120 Full board and a shared **double room** with separate beds and a **private shower & toilet**. Price is per person.
- € 1.245 Full board and a **single room** with a sink. Shared toilets & showers are in the corridor.
- € 1.435 Full board and a **single room** with **private shower & toilet**. *Limited number available!*

DISCOUNTED RATE:

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

Camping on site is not permitted.

The rooms in the venue 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 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
- Coffee, tea, water and fruit syrups all day

Please note: we have 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@freeflowcoaching.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 18th October 2016**, otherwise we are entitled to cancel your reservation.

If you book after 18th October 2016 you will need to pay the full price upon booking.

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

Cancellation terms - please note carefully!

- € 50 of your deposit is non-refundable.
- 50% of the full price paid is non-refundable, if you cancel after 18th October 2016. Likewise, if you cancel after 18th October, but have not paid the full price yet, 50% of this full price is still due.
- There is no refund, if you cancel after 1st November 2016, or leave early during the week. Likewise, if you cancel after 1st November, but have not paid the full price yet, the full price is still due.
- We recommend taking out cancellation insurance.

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ABOUT JEFF FOSTER

For 5 consecutive years Jeff has been on the list of the world's 100 Most Spiritually Influential Living People, published by Watkins Mind Body Spirit Magazine (2015). He has published 5 well received books in over six languages. His latest book "*Falling In Love With Where You Are*" was published in 2013.

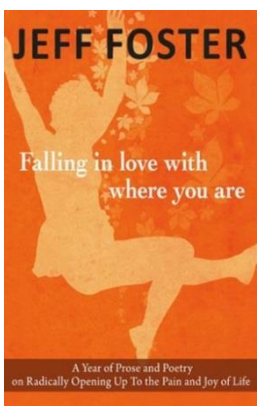
Jeff speaks in a very clear and simple way about the journey of awakening and self-realization. He presently holds meetings, retreats and private one-to-one sessions around the world, gently but directly pointing people back to the deep acceptance inherent in the present moment. He points to a discovery 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 birth right. He belongs to no tradition or lineage, and makes his teaching accessible to all.

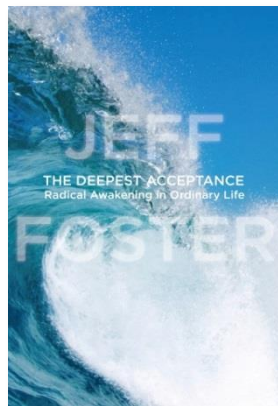
JEFF'S BOOKS

All books underneath are sold at the retreat, but can also be ordered now by sending an e-mail to menno@freeflowcoaching.nl.

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



€ 17,=



€ 22,=



€ 17,50



€ 19,95



€ 11,=

Free delivery within The Netherlands on orders over € 20. Below this amount delivery costs are € 2.

Delivery costs to the rest of Europe are € 6 on orders over € 20. Below this amount delivery costs are € 8.



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:

(Press Ctrl and) 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 (B)
- 110 km - 1 hour → from Brussels Zaventem Airport (B)
- 135 km - 1¼ hours → from Luxembourg Airport (L)
- 235 km - 2¼ hours → from Cologne Bonn Airport (D)

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.nshispeed.nl
- From Belgium, please consult: www.belgianrail.be
- From Germany, please consult: www.bahn.de
- From France, please consult: 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 17:40 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 or from Château Frandoux, these websites could be useful: www.city-airport-taxis.com or www.taxi2station.be/en. Booking in advance is necessary!