

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**
 17 - 24 November 2017
 Château Frandeu in Frandeu, Belgium

Daily yoga & meditation session

15 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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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, lightly, 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:

"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.

"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 17th November 2017, arrival between 18:30 and 19:30 hours (after dinner!).
Ending on Friday 24th November 2017 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](#).



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PROGRAM

During the retreat Jeff will hold around 2 meetings per day of 1-1½ 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.

At this retreat you are invited to commit to **5 days of collective silence** between meetings. During these 5 days you are 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.



COST

We've had to raise prices for the retreat. However, in 2017 former retreat participants will receive a 10% discount on the new prices mentioned underneath.

PRIVATE RATES:

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

- € 845 Full board and a shared, spacious **6 person dorm** with separate beds (mixed genders). Shared toilets & showers in the corridor. Price is per person.
- € 995 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!*
- € 1.095 Full board and a shared **double room** with separate beds and a private shower & toilet. Price is per person.
- € 1.295 Full board and a **single room** with a sink. Shared toilets & showers in the corridor.
- € 1.495 Full board and a **single room** with private shower & toilet. *Very limited number available!*

COMPANY RATES:

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

- € 1.055 Full board and a shared **6 person dorm** with separate beds. Shared toilets & showers in the corridor. Price is per person.
- € 1.245 Full board and a shared **double room** with separate beds and a sink. Shared toilets & showers are in the corridor. Price is per person.
- € 1.370 Full board and a shared **double room** with separate beds and a private shower & toilet. Price is per person.
- € 1.620 Full board and a **single room** with a sink. Shared toilets & showers are in the corridor.
- € 1.870 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 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 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.



BOOKING & PAYMENT

Please send an e-mail to 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 a **deposit of € 350** is received.

Please note that the **full balance** is to be received in our bank account **by 17th October 2017**, otherwise we are entitled to cancel your reservation.

If you book after 17th October 2017 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 17th October 2017. Likewise, if you cancel after 17th 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 2017, 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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TRAVEL INFORMATION

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

(Press Ctrl and) click on [chateau](#) for your personal Google Maps directions to Frandeux.

By car from an airport nearby to Frandeux:

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 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 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 Frandeux:

- 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 Frandeux 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 Frandeux. 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 Frandeux, these websites could be useful: www.city-airport-taxis.com or www.taxi2station.be/en. Booking in advance is necessary!