

# YOU ARE PERFECT EXACTLY AS YOU ARE

Letting Go of Self-Improvement  
and Embracing Life Here and Now

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**

10 - 17 October 2014

Château Frandeux in Frandeux, Belgium

Daily yoga  
& meditation  
session

16 Group  
meetings  
with Jeff and 5  
silent days

Private retreat  
centre with  
sauna, solarium &  
swimming lake

Comfortable  
1- and 2-person  
bedrooms

Delicious  
vegetarian  
meals

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

### **MORE INFORMATION:**

*Scroll through the document,  
or press Ctrl & click on the links below*

[You Are Perfect Exactly As You Are](#)

[The Retreat](#)

[About Jeff Foster](#)

[Jeff's Books](#)

[Travel Information](#)

# YOU ARE PERFECT EXACTLY AS YOU ARE: LETTING GO OF SELF-IMPROVEMENT AND EMBRACING LIFE HERE AND NOW

## An intimate 7-day retreat with Jeff Foster in the beautiful Belgian Ardennes

*How can we stop running away from our pain, our grief, our frustrations, our failures, even our longing for enlightenment, and start flowing with all of it?*

*How can we find the calm in the midst of the storm of life? How can we rest, even as the ground falls from beneath our feet, even as our hearts break open and our dreams turn to dust?*

*How can we find a YES to the present moment, no matter how challenging the present moment becomes?*

***This is an invitation to stop your exhausting search for love, peace and enlightenment, and discover them where you are, here and now, today...***

This 7-day retreat, including 5 days of silence, is the ultimate gift to yourself: an invitation to rest from the exhaustion of daily life, to slow down, reconnect with your presence and your body, and experience what is truly within you. It's a 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 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 in *Château Frandeux* in October!

### 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 10<sup>th</sup> October 2014, arrival between 19:00 and 19:30 hours (after dinner!).  
Ending on Friday 17<sup>th</sup> October 2014 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. Beside this, please note that throughout the whole week meals will be enjoyed together in silence too.

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 sitting 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, or use the solarium (sunbed).

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## Cost

### **PRIVATE RATES:**

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

- € 745 Full board and a shared **double room** with separate beds and a sink. Shared toilets & showers in the corridor. Price is per person.
- € 845 Full board and a shared **double room** with separate beds and a **private shower & toilet**. Price is per person.
- € 945 Full board and a **single room** with a sink. Shared toilets & showers in the corridor.
- € 1.095 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.

- € 930 Full board and a shared **double room** with separate beds and a sink. Shared toilets & showers are in the corridor. Price is per person.
- € 1.055 Full board and a shared **double room** with separate beds and a **private shower & toilet**. Price is per person.
- € 1.180 Full board and a **single room** with a sink. Shared toilets & showers are in the corridor.
- € 1.370 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 or solarium
- 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@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 10<sup>th</sup> September 2014**, otherwise we are entitled to cancel your reservation.

If you book after 10<sup>th</sup> September 2014 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 10<sup>th</sup> September 2014.
- There is no refund, if you cancel after 24<sup>th</sup> September 2014 or leave early during the week.
- We recommend taking out cancellation insurance.

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## ABOUT JEFF FOSTER

For 4 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 (2014). 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.

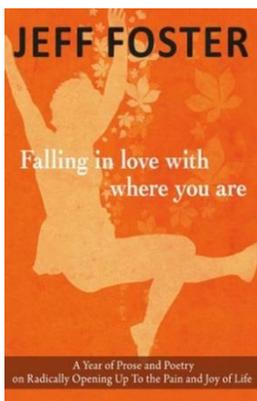
Jeff speaks in a very clear and simple way about the journey of awakening and self-realization. He presently holds meetings, retreats and private one-to-one sessions around the world, gently but directly pointing people back to the deep acceptance inherent in the present moment. He points to a discovery 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.

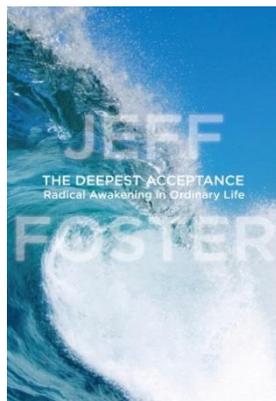
## JEFF'S BOOKS

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

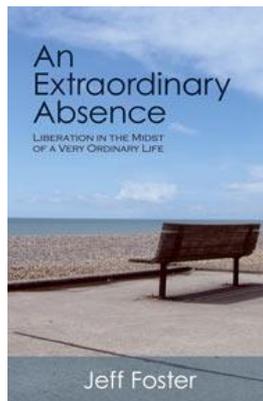
For reviews and content of books, please visit Jeff's website book page. Click on [books](#).



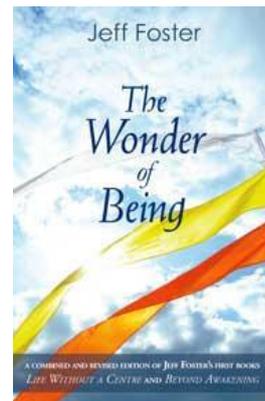
€ 17,=



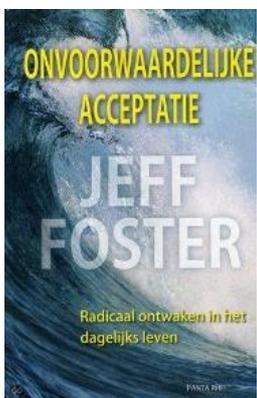
€ 19,95



€ 15,=



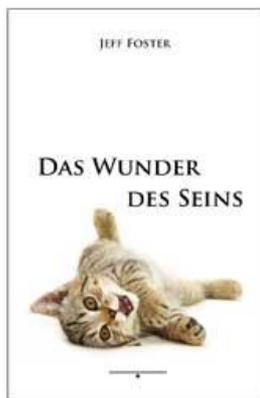
€ 16,=



€ 19,95



€ 15,=



€ 15,=

**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.**

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## TRAVEL INFORMATION

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

### 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](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. This is the only bus available around the required time of arrival at the château. **Please be aware that if you take this bus, you do have about an hour to kill in the tiny, deserted village of Frandoux, because the château is accessible only from 19:00 hours!!** For the general bus schedule, please consult: [Bus 166C](#).

For a **TAXI** or group **MINIBUS** to or from Château Frandoux, these websites could be useful: [www.city-airport-taxis.com](http://www.city-airport-taxis.com), [www.taxi2station.be/en](http://www.taxi2station.be/en), or [www.taxi-valesien.be](http://www.taxi-valesien.be).