

# THE WAY OF REST

FINDING THE COURAGE  
TO HOLD EVERYTHING IN LOVE

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

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



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

How can you bring true  
acceptance into your  
RELATIONSHIPS?

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

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

## 3-DAY WEEKEND INTENSIVE

with **Jeff Foster**

1 - 4 December 2017

De Werelt in Lunteren, The Netherlands

Daily yoga  
session

7 Group  
meetings  
with Jeff

Beautiful and  
spacious hotel  
in quiet and green  
surroundings

Luxurious  
1- and 2-person  
bedrooms

Vegetarian  
meals, in  
silence!

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

### **MORE INFORMATION:**

*Scroll through the document,  
or click on the links below*

[The Way Of Rest](#)

[The 3-Day Weekend Intensive](#)

[Travel Information](#)

# THE WAY OF REST: FINDING THE COURAGE TO HOLD EVERYTHING IN LOVE

**A 3-day weekend intensive with Jeff Foster in The Netherlands**

"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, chasing futures that never seem to arrive. Instead, bow deeply to yourself as you actually are. 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..."  
~ Jeff Foster

On this weekend intensive Jeff Foster will invite you to embrace yourself exactly as you are (including the part of you that doesn't know how to embrace, or doesn't yet feel worthy of embrace...). He will gently and lovingly guide you to recognizing the perfection in your imperfections, the beauty in your confusion, and the sacredness in your sorrow. He will invite you to slow down, reconnect with the present moment, and fall in love with both the excitement and boredom of your days...

He will invite you to see how everything is a gift on this unbreakable path that you call your life – the laughter, the tears, the times of great sadness, the experiences of profound loss, the pain, the confusion, the times you believe you'll never make it, even the overwhelming heartbreak of love. How it is all a divine path, all part of a greater perfection, all held in a loving non-dual awareness.

Jeff will explain why life can be trusted absolutely, even when trust seems a million light-years away. He will talk about why spirituality is profoundly simple, as simple as breathing, as natural as gazing up at the stars at night and falling into silent wonder. He will remind you that spiritual enlightenment is not a goal, it is your nature. He will help you bring acceptance and understanding to your body, your relationships, your work, your very sense of self. He will invite you to let go of your mind-made destinations, and find the courage to hold everything in love.



This will be a weekend of talks, truthful dialogues, guided meditations and restful silences; a weekend of seeing our struggles, our fears, our sufferings in a fresh new light; a weekend of resting deeply, of letting go of the exhausting search for 'something more'. A weekend of being present, aware and alive, meeting whatever arises in ourselves and each other.

Jeff speaks from the heart. He holds a safe, loving, agenda-free space, where you are given full permission to think your thoughts and feel your feelings, however strange or uncomfortable they may seem at first. You are given permission to be fully YOU, and rest in the warmth of presence, amongst like-minded friends and fellow travellers. Whether you are struggling with your life and are looking for peace and space amidst the chaos, or you are a healer or therapist interested in meeting your clients in a new way, this weekend intensive is for you.

We look forward to seeing you at this 3-day event with Jeff Foster in The Netherlands!

## Testimonials:

*"This was a very good weekend, the catering and care were excellent, and Jeff was just Jeff: light, clear, funny, confronting, loving and touching. Enlightenment appeared again to be that 'forgotten' simplicity to 'just' live life... I feel fulfilled, light and spacious after this weekend." – V.R., The Netherlands*

*"I am still very touched by your warm presence, compassion and humbleness last weekend... I never saw unconditional love expressing itself so delightfully and so human before, although I've been to many wisdom teachers... Thank you for your love, your clarity and patience, your humility, authenticity and humour... and thank you for listening and being so patient."*

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

[Back to top](#)

# THE 3-DAY WEEKEND INTENSIVE

## Date

Starting on Friday 1<sup>st</sup> December 2017; arrival between 17:30 & 18:30 hours (before dinner).  
Ending on Monday 4<sup>th</sup> December 2017 at 10:00 hours (after breakfast).

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

## Venue

**De Werelt  
Westhofflaan 2  
6741 KH Lunteren  
The Netherlands**

De Werelt is located in the green heart of The Netherlands, on the outskirts of the Veluwe, the beautiful and unspoiled nature reserve with its abundance of wildlife. This spacious hotel in the middle of nature has a modern, but warm and friendly atmosphere. You'll hear nothing but the sound of singing birds and the wind playing with the tree leaves. A luxurious venue, great for a retreat!

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



## Program

During the weekend Jeff will hold 7 group meetings of around 1½ hours each. Attendance of all meetings is not obligatory, but very highly recommended. In the meetings there will be 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.

**Please mind that all meals during the weekend will be enjoyed together in silence!**

On Saturday and Sunday before breakfast you are encouraged to take part in a 'mindful yoga' class. Free time during the days can be spent doing absolutely nothing! Or, for example, you could go walking or cycling in the lovely surrounding woods.

Monday morning after breakfast the weekend will end.



## **Cost**

*This is a fully catered event. Participants do NOT need to help prepare food or clean up after meals, as is sometimes the case at Jeff's events.*

### **PRIVATE RATES:**

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

€ 350 Full board and a shared **double room** with separate beds and private bathroom.  
Price is per person.

€ 450 Full board and a **single room** with private bathroom.

### **COMPANY RATES:**

Prices are *excluding 6% BTW*, a business invoice will be issued.

€ 440 Full board and a shared **double room** with separate beds and private bathroom.  
Price is per person.

€ 565 Full board and a **single room** with private bathroom.

### **DISCOUNTED RATE:**

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

Camping on site is not possible.

### **Included in the price are:**

- 7 Group meetings with Jeff
- Yoga session on Saturday and Sunday (optional)
- 3 Vegetarian meals per day
- Coffee & tea all day



## **Booking & payment**

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

The reservation of your room is confirmed only after a **deposit of € 125** is received.

Please note that the **full balance** is to be received in our bank account **by 1<sup>st</sup> November 2017**, otherwise we are entitled to cancel your reservation.

If you book after 1<sup>st</sup> December 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 1<sup>st</sup> November 2017. Likewise, if you cancel after 1<sup>st</sup> November, but have not paid the full balance yet, 50% of the room price is still due.
- There is no refund, if you cancel after 15<sup>th</sup> Nov 2017, or leave early during the retreat. Likewise, if you cancel after 15<sup>th</sup> November 2017, but have not paid the full balance yet, this balance is still due.
- We recommend taking out cancellation insurance.



## TRAVEL INFORMATION

**De Werelt  
Westhofflaan 2  
6741 KH Lunteren  
The Netherlands**

**IN YOUR TRAVEL PLANNING PLEASE BE AWARE THAT THE VENUE IS ACCESSIBLE ONLY FROM 17:30 HOURS ON THE DAY OF ARRIVAL!**

### **By car to De Werelt:**

Press Ctrl and click on [De Werelt](#) for your personal Google Maps directions to the venue.

### **By car from an airport near De Werelt:**

Distance - estimated travel time:

- 80 km - 1 hour → from Amsterdam Schiphol Airport (NL)
- 100 km - 1¼ hours → from Airport Weeze (D)
- 110 km - 1¼ hours → from Eindhoven Airport (NL)
- 160 km - 1¾ hours → from Düsseldorf Airport (D)

### **By carpool to De Werelt:**

On your registration form you will be able to indicate whether you like to be part of a carpool to the venue, 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.

### **By public transport to De Werelt:**

- From The Netherlands, please consult: <http://9292.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)

### **Taxi directly from Amsterdam Schiphol Airport to the venue:**

*Booking ahead is necessary!* The costs are around € 90. Call or e-mail one of the following local taxi companies: Taxi Lunteren : +31 (0)318 484 555  
Taxi Goldstar : +31 (0)318 744 744, [info@taxigoldstar.nl](mailto:info@taxigoldstar.nl), [www.taxigoldstar.nl](http://www.taxigoldstar.nl)  
Taxi Kleijer : +31 (0)318 611 611, [info@kleijertaxi.nl](mailto:info@kleijertaxi.nl), [www.kleijertaxi.nl](http://www.kleijertaxi.nl)

### **Closest train station & 4 minute taxi ride:**

Go to LUNTEREN train station, and from there take a taxi to De Werelt. The taxi costs should be around € 7,50 at most. *Booking ahead is necessary!* Use this website: [TaxiBoeken](#). Or call or e-mail one of the local taxi companies mentioned above.

### **Closest train station & 18 minute walk:**

Go to LUNTEREN train station, and from there walk to De Werelt.