

THE DEEP HEART:

COMING HOME TO THE INTIMACY OF THE PRESENT MOMENT

What is SPIRITUAL AWAKENING?
It's not what you've been taught!

What is
NON-DUALITY?

From DE-PRESSED TO
DEEP REST: Coming
out of our minds and
into our bodies.



Can we be PRESENT,
even with our struggle
to be present?

How can we MANIFEST
from a place of peace
and relaxation?

What is
TRUE MEDITATION?
Discovering a heartfelt,
humour-filled approach
to spiritual practice.

Seeing our TRAUMA and pain as
a portal to the SACRED...

3-DAY WEEKEND INTENSIVE

with Jeff Foster

2 - 5 December 2022

Landgoed Zonheuvel in Doorn, The Netherlands

Daily yoga
session

7 Group
meetings
with Jeff

Modern, eco-
design hotel in
beautiful green
surroundings

Luxurious
1- and 2-person
bedrooms

Organic,
vegetarian
meals

www.LifeWithoutACentre.com

MORE INFORMATION:

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

[Weekend Intensive: The Deep Heart](#)

[Practical Details](#)

[Travel Information](#)

THE DEEP HEART

COMING HOME TO THE INTIMACY OF THE PRESENT MOMENT

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

What if...

- ♥ you are perfect, and loveable, and whole, exactly as you are?
- ♥ the perfection you've always been seeking is actually contained in the midst of your tender vulnerability, uncertainty, brokenness and shame?
- ♥ the deep rest, freedom and aliveness you long for is not found in transcending, fixing, or even healing yourself, but in embracing the 'glorious mess' of your humanity, and surrendering to the beautiful imperfection of your life?
- ♥ there is precious alchemical medicine hidden inside your pain, and your deepest longings, aches, doubts and sorrows are actual portals to joy?
- ♥ spiritual enlightenment is already here, shining through the ordinariness of the present moment, closer than your next breath?

Do you long to find peace, stillness and joy, even in times of fear, loss, uncertainty and heartbreak? Then join spiritual teacher Jeff Foster for a weekend of rest, inspiration and deep compassion. Explore **the place where profound spirituality meets our deepest humanity.**

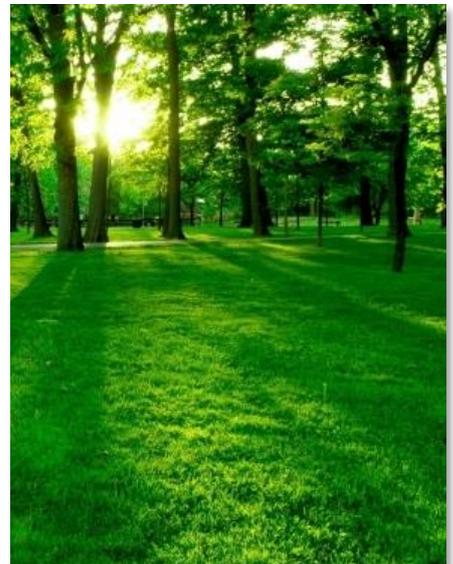
During the weekend Jeff will gently and lovingly guide you to recognizing the perfection in your imperfections, the beauty in your confusion, and the sacredness in your sorrow. He will invite you to slow down, reconnect with the present moment, and fall in love with both the excitement and boredom of your days.

Discover how everything is a gift on this unbreakable path that you call your life - the joy, the laughter, the tears, the fear and doubt, the pain of profound heartbreak or loss, even the moments you believe you'll never make it. How it is all a divine path, all part of a greater perfection.

During the weekend topics will be explored such as...

- ♥ How spiritual enlightenment is not a goal, but your very nature.
- ♥ How to bring love and acceptance to your body, your relationships, your work, and your sense of self.
- ♥ Why life can be trusted absolutely, even when you are in fear and doubt, and trust seems a million light-years away.
- ♥ How to let go of your mind-made destinations, and find the courage to hold everything in love.
- ♥ Why spirituality is as simple as breathing, and as natural as gazing up at the stars at night and falling into silent wonder.

Jeff holds a safe, loving, agenda-free space, in which we can see our struggles, our fears, and our sufferings in a fresh new light. With his trademark humanness and humour, heartfelt talks, guided meditations, and honest dialogues, he shares **a sacred jewel of inner peace and aliveness amidst the noise and mess of everyday life.**



This will be a weekend of resting deeply with like-minded friends, 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.

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. It's a great chance to dive into Jeff's inspiring and comforting message and **discover the Deep Heart of the present moment.**

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

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PRACTICAL DETAILS WEEKEND INTENSIVE

DATE

Starting on Friday 2nd December 2022; arrival between 17:00 and 18:00 hours (before dinner).
Ending on Monday 5th December 2022 at 10:00 hours (after breakfast).

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

VENUE

Landgoed Zonheuvell
Amersfoortseweg 98
3941 EP Doorn
The Netherlands

Landgoed Zonheuvell is located in the middle of National Park 'Utrechtse Heuvelrug', one of the largest forest areas of The Netherlands. It's a protected region known for its natural beauty and cultural-historical value. Many hiking and cycling trails cross the woods and heath, passing impressive castles and estates along the way.

The luxurious and eco-design Zonheuvell conference centre has a lovely atmosphere, modern rooms, and its restaurant serves delicious organic food. A perfect venue for a weekend retreat!

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



Testimonial:

"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."

PROGRAM

During the weekend Jeff will hold 7 group meetings of around 1½ hours each. In these meetings he 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.

On Saturday and Sunday morning 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.



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.

"Jeff has been the biggest life-changer and presence-bringer I needed in my life. I am forever grateful to him for helping me to stay present and accept my full humanity, in all of its doubts, fears, sorrows, its sensations, feelings and its joy. Truly, thank you!" - R.L.

"Our world does not need any more gurus, teachers and saviours, but honest human beings, who live here among us, who strive to switch on a light-bulb in the darkness of the emotional underworld. Thanks, Jeff, for being a role model." - E.S.



COST

PRIVATE RATES:

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

€ 450 Full board and a shared **double room** with separate beds and private bathroom (same gender). Price is per person.

€ 650 Full board and a **single room** with private bathroom.

COMPANY RATES:

Prices include BTW/VAT. A business invoice will be issued for tax deductibility purposes.

€ 565 Full board and a shared **double room** with separate beds and private bathroom. Price is per person.

€ 815 Full board and a **single room** with private bathroom.

INCLUDED IN THE PRICE ARE:

- 7 Group meetings with Jeff
- 3 Nights stay in a single or double room
- 3 Organic, vegetarian meals per day (vegan options available)
- Yoga class on Saturday and Sunday
- Coffee & tea all day
- Free wifi

PLEASE NOTE:

- If you know you snore at night, then please consider booking a single room. Likewise, if you're sensitive to sounds at night, we recommend booking a single room. Moving to a single room during the weekend is usually not possible, since these events are often fully booked. If a room happens to be still available, then please beware the single room rate will apply.
- Camping on site is not possible.



BOOKING & PAYMENT

Please send an e-mail to Menno in English or Dutch 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. Press Ctrl key and click on: menno@freeflowcoaching.nl.

The reservation of your room is confirmed only after receipt of your full payment.

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

CANCELLATION TERMS - please note carefully!

- € 50 of the price paid is non-refundable.
- 50% of the price paid is non-refundable, if you cancel after 19th October 2022.
- There is no refund, if you cancel after 2nd Nov 2022, or leave early during the weekend.
- We recommend taking out cancellation insurance.

COVID-19 INFORMATION

Although the impact of the Corona pandemic on daily life has decreased substantially, we don't know what the rest of this year will bring. Rest assured that Landgoed Zonheuvel and the organisers of this weekend give high priority to protect the health and well-being of all event participants.

The Dutch Corona regulations, measures and guidelines will continuously be monitored, and the organisation of the weekend will be adjusted accordingly, if needed.

Since Corona regulations change frequently, you will be informed mid-November about the exact rules and regulations that may apply to this weekend.



TRAVEL INFORMATION

**Landgoed Zonheuvel
Amersfoortseweg 98
3941 EP Doorn
The Netherlands**

IN YOUR TRAVEL PLANNING PLEASE BE AWARE THAT ON THE DAY OF ARRIVAL THE VENUE IS ACCESSIBLE ONLY FROM 17:00 HOURS.

By car to the venue:

Click on [Zonheuvel](#) to create your personal Google Maps directions to the venue.

By car from an airport nearby to the venue:

Distance and estimated travel time by car, *not* taking into account possible traffic jams:

- 70 km - 50 min → from Amsterdam Schiphol Airport (AMS) to the venue
- 100 km - 65 min → from Eindhoven Airport (EIN) to the venue
- 120 km - 1½ hours → from Airport Weeze (NRN) to the venue
- 180 km - 2 hours → from Düsseldorf Airport (DUS) to the venue

By carpool to the venue:

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 10 days 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 the venue:

Taxi from Amsterdam Schiphol Airport directly to the venue:

Booking ahead is necessary! The costs are around € 65 - € 90. Call or e-mail one of the following taxi companies. Click on any of the links below.

- SunTaxi : +31 (0)302 072 107 - info@suntaxi.nl - <https://suntaxi.nl/>
- Urban Motax : +31 (0)343 420 000 - doorn@urbanmotax.nl - www.urbanmotax.nl/
- Taxi Strato : +31 (0)302 451 162 - info@taxistrato.nl - <https://taxistrato.nl>

By train

Click www.bahn.com to plan a train journey from anywhere in Europe to **Maarn**, which is the nearest train station to the venue, at 3½ km distance.

From Maarn station to the venue by TAXI:

It's a 7-minute drive and the taxi fare is around € 14. Booking ahead is necessary! Contact the above-mentioned local taxi company: Urban Motax.

From Maarn station to the venue by BUS:

It's a 10-minute ride and the bus fare is € 1,55. From Maarn station **bus line 82** leaves every half an hour in the direction of Doorn. The bus stop is 'Maarten Maartenshuis'. Click on the following link for door-to-door public transport planning: 9292.nl.

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