

PRESENCE: THE ULTIMATE MEDICINE

FINDING THE CALM AT THE CENTRE OF THE STORM OF LIFE

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

25 - 28 September 2015

Huize Elisabeth in Denekamp, The Netherlands

Daily yoga
session

7 Group
meetings
with Jeff

Spacious retreat
centre in beautiful
and quiet
surroundings

Comfortable
1- and 2-person
bedrooms

Vegetarian
meals, in
silence!

www.LifeWithoutACentre.com

MORE INFORMATION:

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

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PRESENCE: THE ULTIMATE MEDICINE

FINDING THE CALM AT THE CENTRE OF THE STORM OF LIFE

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

"Whatever it is, stop trying to figure it out now. Let it remain unresolved a little while. Stop trying to fast-forward to the 'answer' scene in the movie of your life; trust the present scene of 'no answer yet'. Allow the question itself space to breathe and be fertilised. Relax into the mysterious ground of Now." - Jeff Foster

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

How can we stop running away from our pain, our grief, our exhaustion, our failures, even our longing for enlightenment, and start embracing all of it?

How can we find an effortless yes to the present moment, no matter how challenging or intense our physical or emotional pain becomes?

How can we find a conscious and loving way through our addictions, relationship struggles, illnesses and major life decisions?

Can true healing begin exactly where we are?

This weekend intensive with author and teacher Jeff Foster is an invitation to awaken to the beauty and poetry of your life, to stop your exhausting search for love, peace and enlightenment, and discover them here and now by turning towards yourself.

It is an invitation to remember who you are beyond your thoughts and feelings, to slow down, reconnect with your presence and the aliveness of 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, 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 the present moment. Jeff talks of deep acceptance not as a passive 'giving up', but as an intelligent and creative emerging into life just as it is. Jeff tells us that spiritual awakening is not something that happens 'one day', or only happens to special people - it is always here, where we are, 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 3-day weekend 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](#)

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The 3-Day Weekend Intensive

Date

Starting on Friday 25th September 2015; arrival between 17:00 & 18:00 hours (before dinner).
Ending on Monday 28th September 2015 at 10:00 hours (after breakfast).

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

Venue

**Huize Elisabeth
Gravenallee 11
7591 PE Denekamp
The Netherlands**

Huize Elisabeth is located in the east of The Netherlands, in the beautiful and unspoiled landscape of Twente. It's part of an old convent, where an international community of Franciscan Sisters used to live. Although a small number of sisters still reside on the large premises, these days Huize Elisabeth is mainly a conference centre. The venue is spacious, and has a very quiet and peaceful atmosphere, ideally suited for retreats.



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 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.

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 surroundings.

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 a sink. Shared toilets & showers in the corridor. Price is per person.

€ 450 Full board and a **single room** with a sink. Shared toilets & showers in the corridor.

COMPANY RATES:

Prices are excluding 6% BTW, a business invoice will be issued for tax deductibility purposes.

€ 440 Full board and a shared **double room** with separate beds and a sink. Shared toilets & showers in the corridor. Price is per person.

€ 565 Full board and a **single room** with a sink. Shared toilets & showers in the corridor.

DISCOUNTED RATE:

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

Camping on site is not permitted.

Included in the price are:

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



Booking & payment

Please send an e-mail to 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 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 25th August 2015**, otherwise it may be necessary to cancel your reservation.

If you book after 25th August 2015 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 25th August 2015. Likewise, if you cancel after 25th August, but have not paid the full balance yet, 50% of the room price is still due.
- There is no refund, if you cancel after 8th September 2015, or leave early during the week. Likewise, if you cancel after 8th September, but have not paid the full balance yet, this balance is still due.
- We recommend taking out cancellation insurance.

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.

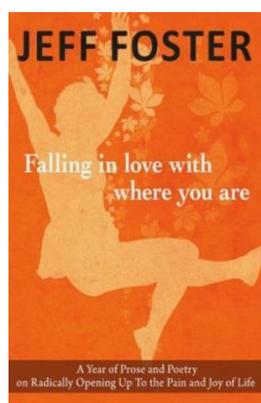
Jeff speaks in a very clear and simple way about the journey of awakening and self-realization. He presently holds meetings, retreats and private one-to-one sessions around the world, gently but directly pointing people back to the deep acceptance inherent in the present moment. He points to a discovery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

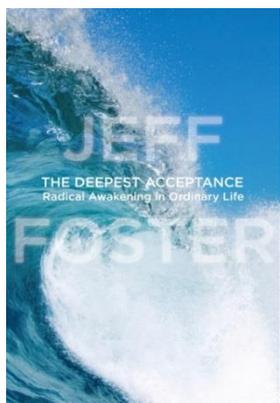
JEFF'S BOOKS

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

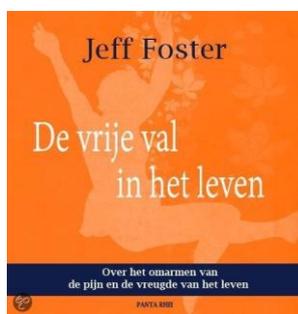
For reviews and content of books, please visit Jeff's website book page. Click on [books](#).



€ 17,=



€ 22,=



€ 17,50



€ 19,95



€ 11,=



€ 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

**Huize Elisabeth
Gravenallee 11
7591 PE Denekamp
The Netherlands**

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

By car to Huize Elisabeth:

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

By car from an airport near Huize Elisabeth:

Distance - estimated travel time:

- 155 km - 1¾ hours → from Düsseldorf Airport (D)
- 180 km - 1¾ hours → from Amsterdam Schiphol Airport (NL)
- 155 km - 2 hours → from Airport Weeze (D)
- 195 km - 2 hours → from Eindhoven Airport (NL)
- 200 km - 2 hours → from Cologne Bonn Airport (D)

By carpool to Huize Elisabeth:

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 Huize Elisabeth:

- From The Netherlands, please consult: <http://9292.nl>
- From Belgium, please consult: www.belgianrail.be
- From Germany, please consult: www.bahn.de
- From France, please consult: www.voyages-sncf.com

The nearest **train** station to Huize Elisabeth is called **Oldenzaal**, a town at 12 km distance. And although there are buses from Oldenzaal station, all together using public transport to the venue appears to be quite time consuming unfortunately.

Of course a **taxi** from Oldenzaal station to Huize Elisabeth is possible. It will take about 15 minutes and the costs should be € 33 at most. *Booking ahead is very much recommended!*

Local taxi companies available: Taxi Oldenzaal: +31 (0)541 535 662, info@taxi-oldenzaal.nl
Taxi Brookhuis: +31 (0)541 514 444, info@taxibrookhuis.nl