

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

**A Weekend Retreat of Talks, Dialogues and Restful Meditations
with Jeff Foster**

“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 retreat, British teacher/author Jeff Foster will invite you to see the perfection even in the imperfection of your life. He will invite you to slow down, reconnect with the present moment, and embrace both the joy and sorrow 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. It is all path, all part of a greater perfection.

He 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 help you bring acceptance and understanding to your body, your relationships, your work, your very sense of self.

He will invite you to let of your mind-made destinations, and fall in love with where you are. Because when there is no fixed destination, you cannot ever lose your destination, so you cannot ever lose your path, so nothing that happens in your life can take you off your path! Your path IS what happens, and what happens IS your path. There is no other. This is the secret.

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.



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 retreat is for you. We look forward to meeting you!

“Accept your non-acceptance in the moment.
Forgive your inability to forgive.
Surrender to your lack of surrender.
This is the pathless path!”

- Jeff Foster -

THE RETREAT

Date & Times

Starting on Friday 18th March 2016; please arrive between 12:00 and 16:00.
Ending on Sunday 20th March 2016 at 16:00.

Program

During this weekend Jeff will hold several group meetings of around 1-1½ hours each. 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.

Every morning before breakfast you are encouraged to take part in a 'morning meditation'. Free time during the days can be spent relaxing and doing absolutely nothing! Or, for example, you could go walking in the woods... [or click here](#).



Retreat Cost

You will need to pay the **teaching fee**, then **book your accommodation separately**. You can contact Mountain Home Ranch for accommodation there. Alternatively you may stay in a local hotel or B&B. There are several good places to stay in Calistoga (see [here](#)).

All meetings will be held in the **conference room** of Mountain Home Ranch.

The **teaching fee** for this weekend is \$250,00 USD (or €230,00 Euros).

Included in this price are:

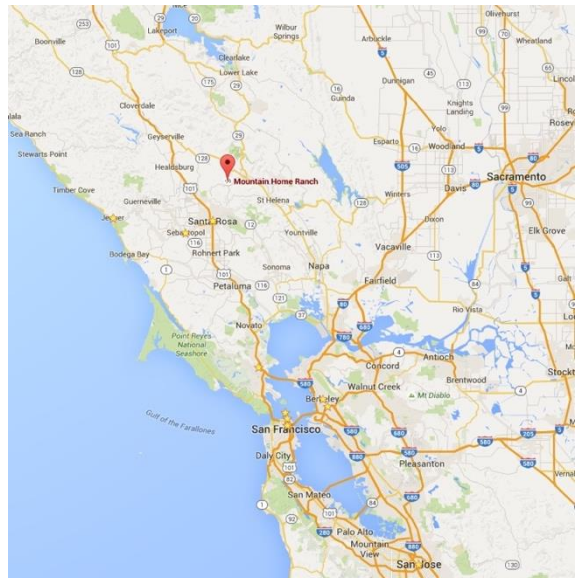
- All group meetings with Jeff
- Coffee, tea, and water all day

Please contact our organizer [Ronald](#) for a special concessionary rate if you are on welfare, etc.

Venue

*Mountain Home Ranch
3400 Mountain Home Ranch Road
Calistoga CA 94515
Phone-number (707) 942-6616*

The retreat is at a comfortable yet basic and rustic place called Mountain Home Ranch Resort. It is a secluded 340 acre, country style bed and breakfast and group retreat center in the heart of California's beautiful Sonoma and Napa Valleys. It was established in 1913. Nestled in the Calistoga hillside, the Resort is surrounded by redwoods and the natural beauty of the California Wine Country. Hosts John and Suzanne welcome you. Their goal is to use this beautiful property, that has been in John's family since 1913, in a way that is in keeping with growth, understanding and love for the human spirit. For travel information [click here](#).



ACCOMODATION AND MEALS AT MOUNTAIN HOME RANCH

The [rooms](#) at Mountain Home Ranch differ in size, comfort and view, also the prices will differ. Rooms will be allocated on a first-come-first-served basis by hosts, John and Suzanne. For more information [click here](#).



Camping on site is permitted. Check with John and Suzanne: [click here](#). All lodging is subject to an Occupancy Tax currently at 9%

Food service is available: \$55.00 per person per day for breakfast, lunch and dinner. For Sample Menus [click here](#). The chefs love to create with the freshest of ingredients and are inspired by what is currently available on the market. Prices exclude taxes and gratuities.

Testimonials:

"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.

"Jeff's straight forward calm, kind, caring demeanor was so reassuring to the mind! So patient ... he has to be the most patient man I have ever met! I found myself wanting to hurry others questions when they got "blocked" and he just sat there holding the space for it all! My life has drastically changed since this retreat. I have been having deep crying/understandings of "my" worthiness and the oneness and how I felt I was superior .. WOW WOW WOW! The pure humility of it all! I have never felt so vulnerable and intimate with myself, and that is the truth! Never! - L.T.



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

Cancellation terms for the teaching fee - please note carefully!

- €25,00 of your payment is non-refundable.
- 50% of the full price paid is non-refundable, if you cancel after two weeks before the event. Likewise, if you cancel after two weeks before the event, but have not paid the full price yet, 50% of this full price is still due.
- There is no refund if you cancel after one week before the event, or leave early during the event. Likewise, if you cancel after 24th May, but have not paid the full price yet, the full price is still due.

Booking & payment

Please go to [XXXXX](#) to sign up and pay

Please contact our organizer [Ronald](#) for questions about the retreat. Please contact Mountain Home Ranch with questions about your accommodation and food there.

<https://www.intoparty.com/en/weekendretreatwithjefffosterthewayofrest/2735/selectticket/>



TO BOOK YOUR ACCOMODATION AT MOUNTAIN HOME RANCH PLEASE CONTACT

<http://www.mountainhomeranch.com/contact/>

Directions:

Directions to Mountain Home Ranch: [click here.](#)

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Phone-number (707) 942-6616*

