DIALOGUES WITH JEFF FOSTER

BARCELONA 5-6-7 FEBRUARY 2016

THE JOY OF TRUE MEDITATION :

" LEARNING TO LOVE YOURSELF AT THE ROOT"

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

"What is true meditation? . Being awake and alive to this precious moment ¡

– Jeff Foster

Seminar coordinator .

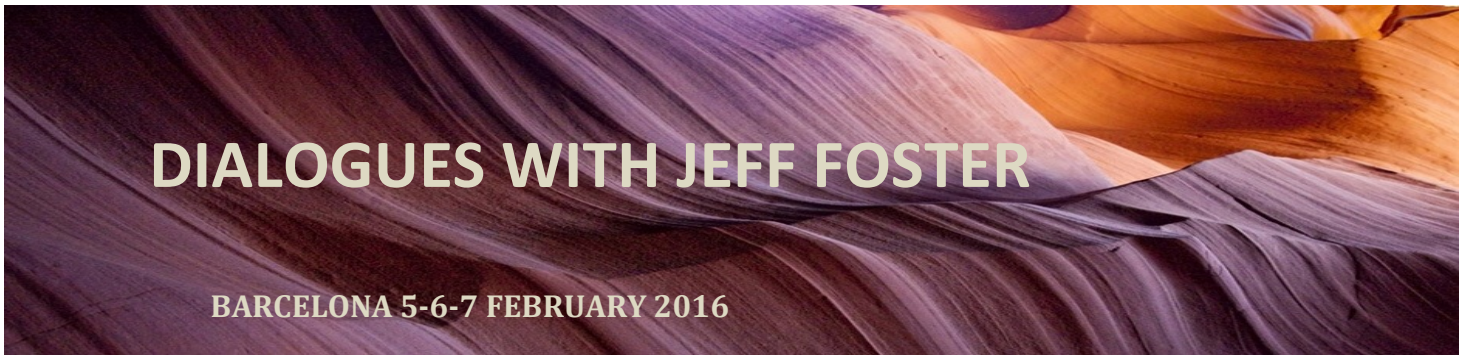
Javier García de Andoín

Place: CASA SANT FELIP NERI Nena Casas 37-47
08017 BARCELONA

The house is a Modernist Tower, in Sarria Suburb. Buses in Barcelona: FGC,LINES L6,S5,S55.Tres Torres stop. Buses:16,68,70,V7

THE DIALOGUES WILL BE IN ENGLISH WITH A REAL TIME TRANSLATION BY
PH. DR. JORDI PIGEM

self institute



On this weekend retreat British spiritual 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 the 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 confussion , 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 even lost 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 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**

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ABOUT JEFF FOSTER

Jeff Foster studied Astrophysics at Cambridge University. In his mid-twenties, after a long period of depression and illness, he became addicted to the idea of 'spiritual enlightenment' and embarked on an intensive spiritual quest for the ultimate truth of existence.

The spiritual search came crashing down with the clear recognition of the non-dual nature of everything, and the discovery of the extraordinary in the ordinary. In the clarity of this seeing, life became what it always was: intimate, open, loving and spontaneous, and Jeff was left with a deep understanding of the root illusion behind all human suffering, and a love of the present moment.

Jeff was voted #59 on Watkins Review's 2014 list of the world's 100 Most Spiritually Influential Living People. Jeff has published five books in over six languages. His latest book "Falling in love With Where You Are" is now available from Non-Duality Press.
Jeff's website can be found at:
www.lifewithoutacentre.com

FRIDAY 5 17.00 h – 18.30 h
Reception

RESERVATION AND REGISTRATION

e mail a : jgarciadeandoin@telefonica.net

More information at : Javier mob.(+34) 609 037899
telf. (+34) 944914460
fee payment. Accomodiation in Casa San Felipe Neri meals and participation in Dialogue.
Enrolments before 05.01.16 : 330 €
Enrolments after 05.01.16 : 360 €

Only Dialogues:

Enrolment before 05.01.16 : 230 €
Enrolment after 05.01.16 : 260 €

Dialogues and Lunch of Saturday and Sunday. (limited seats)

Enrolments before 05.01.16 : 260 €
Enrolments after 05.01.16 : 290 €

For reservation, please apply for the seat by mail informing your name and telephone number. Once confirmed do a payment of 90 € non refundable as seat reservation.

Account. Kutxabank

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IBAN ES93 BIC BASKES2BXXX
Account holder : Javier García de Andoín

Specify your surname, name and "Jeff Foster Dialogue".Note:. The remaining amount will be paid at the beginning of the course

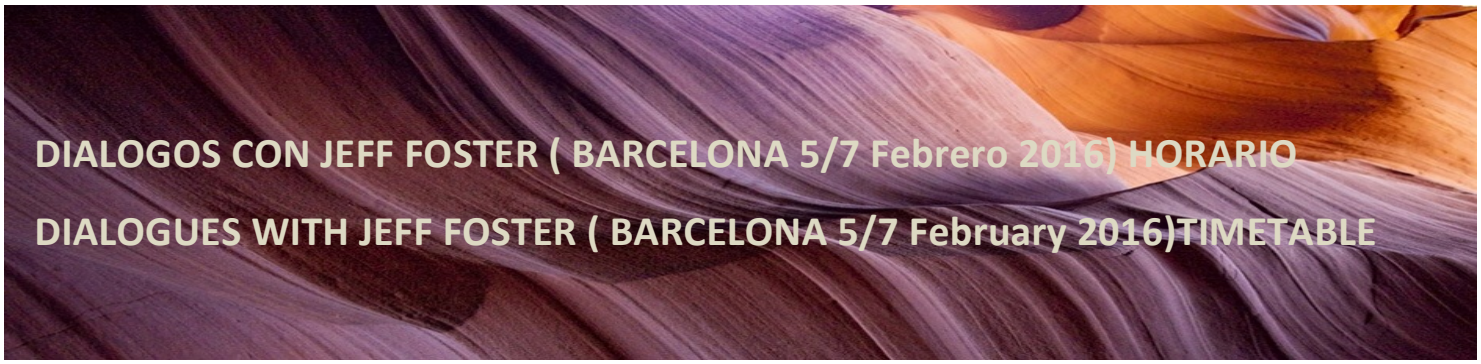
ACCOMODATION AND PARTICIPATION

Places are limited , so please reserve as early as posible.

Food consist on an ovo-dairy vegetarian diet.

Early in the morning Yoga sesión with Javier García de Andoin

It is recommended to bring a blanket and cushion to sit on the fllor during yoga sessions.



DIALOGOS CON JEFF FOSTER (BARCELONA 5/7 Febrero 2016) HORARIO

DIALOGUES WITH JEFF FOSTER (BARCELONA 5/7 February 2016)TIMETABLE

BARCELONA 5-6 y 7 FEBRUARY 2016 BARCELONA 5-6 and 7 OF FEBRUARY 2016 BARCELONA

" La verdadera curación no es arreglar lo que está roto, sino el re-descubrimiento de lo que No Se Puede Romper" Jeff Foster

" "True healing is not the fixing of the broken, but the rediscovery of the Unbroken " Jeff Foster.

VIERNES 5th HORARIO – FRIDAY TIMETABLE.

17 h-18.30h LLEGADA - ARRIVAL AND ACOMMODATION

19-20.30h PRESENTACION.DIALOGO CON JEFF FOSTER. PRESENTATION. DIALOGUE WITH JEFF FOSTER.

20.45 H CENA – SUPPER

22.00 H SILENCIO .MEDITACION .SILENCE.MEDITATION

SABADO 6th

SATURDAY 6th.

7.45 h - 9 h MEDITACION . YOGA .MEDITATION .YOGA with Javier García de Andoín

9.15 h DESAYUNO . BREAKFAST .

10.30 – 13 h DIALOGO CON JEFF FOSTER .DIALOGUE WITH JEFF FOSTER

14 h COMIDA. LUNCH.

17.30-20.00 H DIALOGO CON JEFF FOSTER . DIALOGUE WITH JEFF FOSTER.

20.30H CENA . SUPPER .

22H SILENCIO.MEDITACION. SILENCE. MEDITATION

DOMINGO 7th HORARIO – SUNDAY TIMETABLE.

7.30 -8.45 H YOGA con Javier García de Andoín.

9.15h DESAYUNO. BREAKFAST.

10.30-13 H DIALOGO CON JEFF FOSTER.DIALOGUE WITH JEFF FOSTER.

14.00 H COMIDA. LUNCH

16.15-17.15H DIALOGO CON JEFF FOSTER- DIALOGUE WITH JEFF FOSTER. DESPEDIDA. CLOSING.

NOTE: POR FAVOR, ACUDIR A LA SALA 5 MINUTOS ANTES Y PERMANECER EN SILENCIO ANTES DE QUE COMENCEMOS LOS DIÁLOGOS CON JEFF FOSTER.

NOTE: PLEASE, COME TO THE MEETING ROOM FIVE MINUTES BEFORE THE DIALOGUES BEGIN AND BE IN SILENCE.