

"Bay of Love", in the heart chakra of Samsøe Island

**Pilgrimage/Retreat - " A journey through the Chakras ", Samsøe Island, Denmark,**  
August 3<sup>rd</sup> – 9<sup>th</sup> 2009

Samsøe has been called the new Iona (sacred island in UK) by Peter Dawkins, one of the leading landscape temple experts in the world.

The landscape temple of Samsøe has the structure of the seven chakras going from the root in the forest in the south island to the crown in the hilly north called "Top of Head" in olden times.

The powerful pilgrimage will take us through the chakras of the island and our inner landscapes. This includes 3 days of walking (approximately 12-15 km a day) with energy work and deekshas in natural powerplaces, teachings and deeksha in the evenings, plus 4 days of intense process work. We will stay very near what the vikings called "The Bay of Love" – located in the heart chakra of the island. The course will most probably be in English. Price: 4.300 dkr. including food and board.

You can read about experiences from participants here:

- "The state of the Samsøe retreat is still in me." [READ THE FULL EXPERIENCE](#)
- "My heart is the most beautiful thing I have ever experienced" [READ THE FULL EXPERIENCE HERE](#)
- "On day two I got to meet my chakras – and what a meeting!!" [READ THE FULL EXPERIENCE HERE](#)

You can see more pictures from last year's pilgrimage on:

<http://www.flickr.com/photos/onenesscenter/sets/72157606648308466/>

SEE DETAILS AND JOINING INSTRUCTIONS ON THE FOLLOWING PAGES!!!

# Joining Instructions – Samsø Pilgrimage August 3<sup>rd</sup> – 9<sup>th</sup> 2009

## A Journey through the Chakras

This is a 7-day retreat with 3 days of walking through the beautiful landscape temple of Samsø. From south to north - from root chakra to crown chakra - approximately 12 km walking per day. During the pilgrimage we will do small ceremonies, deekshas, chakra balancing, excercises, meditations etc in the different power places. It will be an outer journey along the coast through Samsø's amazing landscape temple and a silent inner journey towards your center. On the Island the energy of the seven chakras manifest very clearly in nature. In the root chakra for instance you'll find the Brattingsborg Forest with it's old beech and oak trees. In the heart chakra is the Stavns Fjord which the vikings named "Bay of Love" and the crown chakra manifest in the hilly north of the island in what has been named Issehoved - or "top of head" :o).

You can see more pictures from the three last year's pilgrimages here:

2006: <http://www.flickr.com/photos/onenesscenter/sets/72157600089680786/>

2007: <http://www.flickr.com/photos/onenesscenter/sets/72157601232682029/>

2008: <http://www.flickr.com/photos/onenesscenter/sets/72157606648308466/>

The pilgrimage will be combined with intensive process work at the hostel where we stay during all 7 days. We will be working with teachings based on dialogue, deekshas, physical excercises etc. Themes will be our individual conditioning and polarisation, our relationship with the Divine Nature and the great escape from the prison of the mind :o)

**Arrival:** August 3rd in the afternoon. We will have snacks and dinner ready and then start with an afternoon "check in" session around 17.00 with practical information etc. and an evening session with deeksha circa 19.30-21-30.

## Getting to Samsø on August 3rd

You can catch a ferry from Kalundborg (Sealand) to Kolby Kås or from Hou (Jutland) to Sælvig

For detailed info regarding ferries see: <http://www.samsøtrafikken.dk/>

We will book taxies from the ferries to our hostel if you tell us when you arrive.

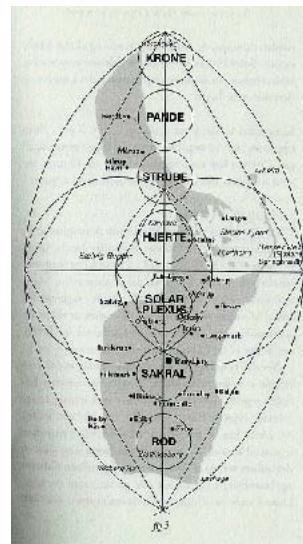
From England: Ryan Air Flights leave from London Stansted Airport to Aarhus (Århus). To book go to [www.ryanair.com](http://www.ryanair.com)

Airport bus to Aarhus train station leaves 15 minutes after flight arrival arriving at Århus train station. From there it's a 200 meters walk to the bus station (facing the train station go left down the road to the bus station - it's impossible to miss :o)) Get on bus no 103 to Odder/Hov, it will take you to the ferry at Hov harbour (end station). Bus information in Aarhus - tel: +4586128622 (press 9 for personal assistance)

**Venue:** Onsbjerg Lilleskole, Stadionsvej 4, Onsbjerg, 8305 Samsøe

It is a big old school with basic rooms and shared bathrooms located in a village in the solar plexus chakra of the island :o)

You will be staying in double rooms (or singles depending on number of participants). Please express your wishes as to room mate(s). Food is simple, vegetarian and as biodynamic as possible. You are invited to lend a helping hand with laying the tables, cooking, cleaning etc. as we are self catering.



### What to bring for pilgrimage

Small back pack (for lunch pack, water etc.)  
Water bottle  
Good walking shoes or sandals (broken in)  
Swim suit + small towel  
Sun screen  
Rain coat (check the weather forecast)  
Small/light thermarest or other thing to sit on for meditations and excercises (alternatively use your towel)  
Energy bars, dried fruits etc

### What to bring for retreat

Linen + sheet or sleeping bag if you prefer (duvets and pillows are there)  
Towel  
An open heart :o)

### Daily programme - pilgrimage (circa timinigs)

kl. 7.15 Breakfast + lunch packs  
kl. 8.00 Departure Toftebjerg YH  
kl. 8.30 - 16.30 Pilgrimage with deeksha, meditations, breaks, swims  
kl. 17.00 Coming back to Toftebjerg YH  
kl. 18 .00 Dinner  
kl. 19.30 Evening programme incl. deeksha  
kl. 21.30 Goodnight

### Daily programme other days

kl. 7.00 Voluntary Yoga  
kl. 8.00 Breakfast  
kl. 9.00 Morning session incl. deeksha  
kl. 13.00 Lunch  
kl. 14.00 Free time, siesta, walks etc  
kl. 15.30 Afternoon session  
kl. 18.30 Dinner ( light )  
kl. 19.30 Evening session incl. deeksha  
kl. 22.30 Goodnight

The course will be in English if any foreign participants.

### Payment and deposits

Price is 4.300 DKK including food and board.  
For Danes and others please contact [cecil@onenesscenter.org](mailto:cecil@onenesscenter.org) for payment of 1100 dkr. non refundable deposit.  
For UK participants deposits of £100 (non refundable) can be sent to : Daniel Rounding, Bridge Cottage, 178 Henley Road, Ipswich, Suffolk, IP1 6TA. Ipswich (tel 01473 210090) .  
The remaining sum can be paid by bank transfer or by check or cash at arrival on Samsø.

### Departure

The retreat ends after lunch on the 9th of August. After that everyone helps with cleaning and abundant hugging before we leave for the ferries.

Much love to you all  
Cecil and Bruhn

