



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

Pilgrimage/Retreat - " A journey through the Chakras ", Samsøe Island, Denmark, July 25th – 31st 2010

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: 4950 dkr. including food, board and transportation during the pilgrimage.

You can read about experiences from participants here:

- **"The state of the Samsøe retreat is still in me."** [Read the full experience here](#)
- **"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/>

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

Joining Instructions – Samsøe Pilgrimage July 25th – 31st 2009

A Journey through the Chakras

This is a 7-day retreat with 3 days of walking through the beautiful landscape temple of Samsøe. 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 Samsøe'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:

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

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: deeper understanding of our chakras, our relationship with the Divine Nature and the great escape from the prison of the mind :o)

Arrival: July 25th in the afternoon. We will have snacks and dinner ready and then start with an afternoon "check in" session with deeksha and practical information at 16.30 and an evening session circa 19.30-21-30.

Getting to Samsøe on July 25th

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.samsøetrafikken.dk/>

We will book taxis 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

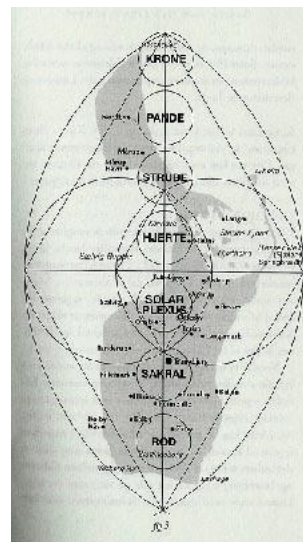
Airport bus to Aarhus train station leaves 15 minutes after flight arrival arriving at Århus train station. From there it's a 200 meters walk to the bus station (facing the train station go left down the road to the bus station - it's impossible to miss :o)) Get on bus no 103 to Odder/Hov, it will take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

You can also fly to Copenhagen and take the train to Kalundborg and a ferry from there to Kolby Kaas on Samsøe, but ferries are less frequent and longer from that side. Please let me know if you need help with planning the trip – I am happy to help. LOL Cecil

Venue: Toftebjerg Lejrskole, Toftebjerg hovedgade 27, 8305 Samsøe

It is a small youth hostel with basic rooms and bathrooms located in the heart chakra of the island. You will be staying in triple/double/single rooms (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 in order to keep expenses/course price down.



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 exercises (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, soap, shampoo etc.
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 English participants. If not - in Danish.

Payment and deposits

Price is 4.950 DKK including food and board.
For Danes and others please contact cecil@onenesscenter.org for payment of 1500 dkr. non refundable deposit.
For UK participants deposits of £200 (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 Samsøe.

Departure

The retreat ends after lunch on the 31st of July. After that everyone helps with cleaning and abundant hugging before we leave for the ferries.

Much love to you all
Cecil and Bruhn

