

”Skiing into Oneness”

Combined skiing-, meditation- and Deeksha-retreat in the Italian Dolomits in the winter 2010

The Flow-retreat: To experience flow in different sports is for many people a fantastic thing. To be one with the skis, the snow, the mountains and to flow down the piste like a river is the reason that many people go skiing every year.



These peak experiences of unforced presence, spontaneity and joy are limited to shorter time windows as long as we are prisoners of the mind.

In this retreat we work towards setting you and your skis free – permanently!! To be free of the mind is to live in flow – in the present moment.

In the retreat we will have approximately 7 hours of skiing and 3-4 hours of indoor process every day. There will be teachings in Flow Skiing (1,5 hours per day), guided meditations, Deekshas (energy transfers), storytelling about the enlightened state and the path to it, and dialogues about living in flow with the universe. The course is based on experiential learning. It is an adventure into the realm of sports psychology and flow.

Oneness Blessing/Deeksha is a healing transfer of energy catalysing the process towards the enlightened state (oneness state) in an extraordinary way.



The spectacular Dolomits in which the retreat hotel is located

Regarding the skiing it is necessary that you are above the beginner's level (able to handle blue pistes without problems and come down red pistes). If we get 4-5 beginners signed up we will make a beginners team.

Regarding your spiritual path there are no conditions – all traditions are welcome, Atheists, Christians, Buddhists, Muslims, New Age, Jews etc. The deeksha, the meditations and the exercises only aim at making your own path unfold in a profound way.

The retreat is based on non-dogmatic and non-secteric principles. The language will be English.

Time and daily programme: There will be two groups this year – March 13-20 and March 20-27. The retreat takes place from Saturday evening to Saturday morning with 6 days on skis. You can choose to ski the Saturdays also and thereby have 8 ski days. The daily programme looks like this:

- 7.00-7.45 Morning session – light energy work, meditation and deeksha
- 7.45-8.8.30 Breakfast
- 8.45-12.30 Flow skiing lessons
- 12.30-16.00 Lunch and free skiing
- 16.00-16.30 Shower and getting ready for indoor process
- 16.30-19.00 Indoor process - teachings, meditations and deeksha
- 19.00-21.00 Dinner in the restaurant
- 19.30-21.00
- 21.00-07.00 Free time – Good night



The location:



During research in the Dolomits this place found Bruhn (not the other way around ☺). Berghaus Zallinger is located high up in the ski terrain with a spectacular view of the surrounding mountains. The cozy hotel is situated directly on the piste so we can ski in and out of our rooms. Just next the hotel is a 150 years old church. In old times many churches were build on power places in nature. This is also the case with this one. Bruhn experiences an extraordinary positive energy in this place influencing the owners, the staff and the guests of the hotel in a profound way.

Because of the popularity of this small hotel it has been difficult to obtain rooms – but we have been lucky and now have 6 rooms allowing a maximum of 10 participants per week. The food is really good and you can choose between vegetarian/meat. It should be mentioned that the course room is relatively small – but perhaps then the deeksha energy will be even more intense ☺.



Red circle shows the location of the hotel.

The price per person per night with half board in a nice double room with bathroom is 68 Euro (when two people share). You can also choose a more simple room (double room with bathroom in the hall way) which is 55 Euro per person per night. It will most likely not be possible to have a single room. The sooner you sign up the greater the chance that you can get the room that you wish.

Berghaus Zallinger is located peacefully in a remote setting in Seizer Alm, which is a part of the biggest connected ski area in the world – “Dolomiti Superski” with 1200 km of piste. Val Gardena and Canazei are the well known villages in the area. The Dolomit mountains with their spectacular shapes are deeply inspiring and healing. There are wide blue and red pistes with lots of space for meditative skiing in peace and quiet. The Italiens are world champions in piste grooming and when the clouds are on strike there is artificial snow making machines.

Equipment: Ski and boots you can rent in Compaccio, Alpe di Siusi (nearest village) or back home.

Lift ticket: Lift ticket 6 days: 185 Euro for Valgardena/Alpe di Siusi (local area) and 198 Euro for Dolomiti Superski (1200 km pistes). You can see lift ticket prices, lift map etc here: <http://www.dolomitisuperski.com/en-US/ski-holidays-11EN.html>



Transportation: We recommend going together in cars. Let us know if you offer or are looking for at seat in a car. You can also go by other means of transportation – se more here: <http://www.seiseralm.it/en/l-alpe-di-siusi/alpedisiusi/anreise/>

Price example – per person in Euros

Transportation in car 3 people	100
Half board 7 nights (55 euro pr night in Double room)	385
Lift pass 6 days (Alpe di Siusi)	185
Tuition/organising 7 days	<u>387</u>
Total	1057

About the instructor:

Bruhn experienced in 2004 a radical shift in his consciousness – in some traditions called enlightenment. Now he is working to pass on the gift to anyone interested. Bruhn has worked as a bungy jump-, roller skate and ski-instructor specializing in Flow-Skiing. When Bruhn does not facilitate spiritual retreats he works with international leadership programmes for larger European companies as a coach, speaker and facilitator.



Sign up and more information: You are welcome to write to us on info@onenesscenter.org for more information or signing up. You can also call Bruhn on +45 27119922, if you want to hear more about the retreat. There are 10 places in the retreat (per week).

Participants' experiences



Pers picture of the sun – read experience below



A happy flow skier

" Dear Bruhn and Cecil

I had the most fantastic trip ever, everything formed a synthesis: Skiing, experiences, silence, sun, sleet, mountain air, wind, meditation, talk, deeksha, connectedness, heart energy, just energy... and all that outside the realm of words. It was a gift. Thank you."

Love Sohan."

Sohan

"The ski-flow retreat was one of the most beautiful and enriching experiences I have had – intense, wise, deeply healing spirituel, playful and fun - along with the joy of the body and the sensous experience of the mountain tops surrounding us.

It was spirituel development on first class. Thank you God, that you were so generous as to lead me to the website of Bruhn and Cecil.

Prasad

Flow on an oasis of snow!

Without any doubt I signed up for the retreat in the Italian Alps. Without doubt, because I had previously experienced a retreat with Bruhn and Cecil, and because the combination of the magnificent nature and a programme of movement on all planes felt absolutely right.

Bruhn's natural spaciousness expressed in a "nothing wrong, nothing right" attitude, that everything is a personal experience, and coupled with the talent to guide and shift the awareness into the body, thus letting the senses take us down the slopes, gave a very special experience of being part of the river of life.

Meditations and deekshas morning and afternoon built bridges and made whole the numerous impressions on the soul from mountains, sun, snow and movement. I am deeply grateful for this trip - a gift of life!

Hans Jørgen

"How do you articulate total and unconditional joy? A joy that over flows – which cannot be contained in the body. Which comes out like a sound which has not been heard since the beginning of time. Which sounds like "gracie mille" and which is infinite gratitude.

A deep gratitude for Bruhn who teaches me about the skiing of life in a way I thought not possible. A gratefulness for standing in the Italian Alps with so fantastic people – you who are as much me as I am you.

And I am filled with joy when I hear from you. And I wonder how it can be this way. Five people skiing and talking a bit during five days. And afterwards – nothing is like before – nothing.

Gracie mille you wonderful people and especially gracie mille Bruhn for being here."

Per