



The Power of Place

Retreat with energy work on sacred sites – Shaftesbury and Avebury – August 18-22

During 2006-2008 we have had some amazing adventures of deeksha and rituals on sacred sites in the UK. We've also had a one year development programme in the area of Shaftesbury – with our base at the Springhead retreat centre. We feel very connected to this part of the planet and have decided to come back to do more energy work on our own bodies and the planetary body :o)) The retreat will be a combination of indoor teachings/process work and outdoor work on sacred sites - focusing on Presence and how the physical and planetary bodies are direct doorways to that.



Springhead – our retreat place. The sacred garden with the spring.

Where are we staying?

Springhead, Fontmell Magna, Shaftesbury, UK.

It is a beautiful old place with a perfect indoor process room with spring water flowing underneath. The garden is absolutely magical as is the spring at the end of it. Sleeping quarters are basic double/triple/dorms established in the old stables. We will be self catering and you are expected to lend a hand with cooking and dish washing.

Where will we go?

We will be spending a whole day in the Avebury area with visits to the Sun and Moon temples, the Spring and West Kennet long barrow. The Shaftesbury area (the heart chakra of the world – in Robert Coons chakra model) has many - less know - but equally powerful places. Fontmell Magna is part of the Shaftesbury Eagle landscape temple and we will visit several other sites in this structure during the retreat – Castle Ring, Old Wardour Castle, Alfred's Tower and others.

Cost

Price: £450/400 concession or 3.800 DKK including food and board. Transportation to/from Springhead and between sacred sites is not included. We will fill up the cars and share the cost, so it won't be much :o))

Payment

Daniel has kindly agreed to handle retreat payments £450/400 conc. so checks can be sent to him : Daniel Rounding, Bridge Cottage, 178 Henley Road, Ipswich, Suffolk, IP1 6TA. Ipswich (tel 01473 210090). Please make the cheques payable to Daniel. Danish participants can transfer 3.800 DKK to Danske Bank reg. 0536 account no: 3617129981.



Avebury – one of the most remarkable sacred sites in the world

To secure your place we kindly ask you to pay a non-refundable deposit of £150/1.500 DKK.

Getting there

Ryan Air and Easy Jet operate between Aarhus/Cph and Stanstead airport. From there is quite cheap to rent a car and a 3-4 hours drive to Springhead. Car pooling would be a great way to keep transportation costs down and make the trip more fun :o) We're happy to try to connect you with others attending the retreat.

So, if you have room for extra beings in your car, please send us an email including your place of departure.

What to bring

August weather can be just about everything, so please bring your water proofs, perhaps a hot flask, something to sit on if the ground is wet, a day pack for lunch and an Open Heart :o)

Rooms are double/triple/dorms so if you are sensitive to noise at night please bring a pair of ear plugs.

Prebook or book with cecil@onenesscenter.org

Tentative program

Here is a tentative program for the retreat. Please be aware that timings may change according to the weather and the group process. Starting and ending times are fixed though. You can plan your route on www.viamichelin.co.uk. We will print out maps for everyone on Springhead - Avebury and back, so you don't need to do that.

Wednesday 18th

15.00 - 16.00 arriving at Springhead, settling in

16.30 - 18.30 Check-in session

19.00 - 20.00 Dinner

20.30 - 22.00 Evening session

22.00 Goodnight

Thursday 19th

08.00 - 09.00 Breakfast + lunch packs

09.00 - 11.00 Morning session indoor

11.00 - 15.30 Alfred's Tower and White Sheet hill fort

15.30 - 18.00 free time to snooze, meditate, walk, talk

18.30 - 19.30 Dinner

20.00 - 22.00 Evening session

22.00 Goodnight

Friday 20th

08.00 - 09.00 Breakfast + lunch packs

09.00 - 16.00 Avebury complex and West Kennet long barrow

16.00 - 18.00 free time to snooze, meditate, walk, talk

18.30 - 19.30 Dinner

20.00 - 22.00 Evening session

22.00 Goodnight

Saturday 21st

08.00 - 09.00 Breakfast

09.00 - 12.00 Morning session indoor

12.00 - 13.00 Lunch

13.00 - 16.00 Castle Rings

16.00 - 18.00 free time to snooze, meditate, walk, talk

18.30 - 19.30 Dinner

20.00 - 22.00 Evening session

22.00 Goodnight

Sunday 22nd

08.00 - 09.00 Breakfast

09.00 - 12.00 Morning session indoor/outdoor in the garden



After Deeksha at the powerplace in Avebury, Aug 06



Springhead – our retreat place.

12.00 - 13.00 Lunch

13.00 - 14.30 Check out session

14.30 Hugs and goodbyes :o)

If you want to read more about Avebury and West Kennet Long Barrow you can visit these sites:

http://en.wikipedia.org/wiki/Avebury_stone_circle

http://en.wikipedia.org/wiki/West_Kennet_Long_Barrow

We will bring more information on the Shaftesbury Eagle.

Love flying to meet all of you :o))

Cecil and Bruhn