

SPIRITUAL RETREATS IN MAJORCA 2010

with Serge Beddington-Behrens, Ph.D.



Going on a Spiritual Retreat and allowing ourselves to re-connect with the inner, more creative parts of ourselves, has never been more important than it is at this time, shrouded as our world is, in powerful currents of doom and gloom. It enables us to enter new, quieter and deeper places inside us which can be very nourishing and can make us feel very happy. Besides, it is fun to spend a week in the company of like-minded individuals where we can both play and have serious discussions together, enjoy the sun and the sea (we visit the beach most afternoons), savour good local cuisine, discover more about prayer and meditation, and generally connect with the presence of this beautiful and magical island. And when we enjoy things, we can also learn a lot!

I believe all of us are challenged to live more from a place of tenderness and abundance and less from one of struggle and fear. Being on these retreats is one of the places where we can learn to do this. As no group will ever have more than ten people in it, there is always space for individual coaching. Expect to return home inspired and revitalised, having touched into many new possibilities for being more fully human and alive.

THE RETREATS

LIVING SIMPLY: LIVING POWERFULLY

May 29 - June 5

Here we explore how we may simplify and deepen our lives and discover how much more powerful and alive this can make us feel!

AWAKENING THE HEART

July 10 - 17

Most of us live too much in our heads. The more we activate our heart life, and learn to live from this part of ourselves that connects us to soul, the juicier our lives will become. This is a week for those who wish to experience the many joys of touching into their deeper heart nature.

LIVING LIFE AS A CELEBRATION

August 14 - 21

The word comes from the Latin meaning to praise and raise, and this is exactly what is needed in a world which at one level, has grown dark and violent. This course is recommended either for those who are familiar with sacred work, or who know Serge's work well. The focus will be on connecting more deeply with our intrinsic mystical self.

While each week has a different title, all programmes touch upon similar themes, and courses should be chosen less for their titles and more for their convenience.

DETAILS

All retreats follow the basic format of meditation (voluntary) before breakfast, meeting as a group until lunch, having most of the afternoon off to enjoy the island, gathering for meditation again just before dinner, and after dinner, either

having a final session or, if we are dining out, enjoying the island. We have an excellent chef and the cuisine will be local Majorcan.

For all retreats, please arrive by 4pm on the first Saturday and try to leave around lunchtime on the last one. You fly to Palma airport. I recommend [EasyJet](#), which is cheaper if you book well in advance. The fee for the week is £570. If you are non-resident, it is £460. If you are currently lowwaged, you may receive a reduction.

To inquire or to enrol, it is best to ring Serge on his mobile phone **07968 113075** (or from abroad, **0044 7968 113075**) or, failing that, email him on info@sergebb.com. To book your place, please send him a (non-refundable except in extreme circumstances) cheque for £150 made out in his name and addressed to:

The Old School House, Hampnett, Near Cheltenham, GL54 3NN, United Kingdom.

You will then be sent a receipt and an email detailing all you need to know about the course and what to bring with you. The price does not include travel costs.

You may wish to rent a car for maximum independence. If so, you will be emailed a map with instructions to get to the farmhouse where the course will be held. Not all participants will stay there but will be lodged in nearby fincas with swimming pools. Everything takes place in the depths of the countryside.

If you have no car, I will see you are met at the airport.

What people have said of earlier retreats

'Thank you once again for creating such a beautiful environment and space in which I could grow and expand.' **Anna W., Therapist.**

'Merely saying thank you for what was a life-changing experience seems wholly inadequate. I found our retreat provocative, motivational and committing. It was a wonderful week with wonderful people.' **David N., Business Consultant.**

'I really had a fantastic time; it was both fun and meaningful. The days felt relaxing but also full of vitality.

You did a great job in bringing together some great people. Thank you so much for all your love and inspiration'.

Sue W., Film maker.

My heartfelt thanks for last week. It was the most wonderful experience in every way. Carol P. Translator

'Thank you for showing me another way to be that is so important and that I can now begin to integrate into my work life.' **Toby D-P., Merchant Banker.**