

New Year retreat
6 days in the luminous darkness of Winter
27. December 2015 - 2. January 2016

Fully booked - come on waitinglist!

Join the retreats at Easter, Summer in Dalsland or The Basque Country!

Take good care of your transitions

Together we will close the old year and step into the new.
Celebrate what and from where we came and open doors to 2016.
In the silent winter days we will create intensified clarity, deepening and inner tranquility.

In the New Year retreat we meditate more than on the other retreats but not only, and we are more quiet socially.
Meditation teaches us to find peace in both comfort and discomfort.
We open the heart and give our power to it, - and from here we can change the world, the inner and outer.

Price 5.940 DKK include a special New Years Eve, teaching (3.300 DKK), food and 6 night stay in double rooms (3.300 SEK).
Room and board is paid separately at the course place.
Will you come?

A retreat is a withdrawal from everyday life, - where busy days can cloud the experience of Presence and Integrity – to reintegrate Heart and Presence in our lives.

During the retreat we will create a climate for deepening and resting in Presence. We will cultivate clarity and the opening of the heart that leads to deeper levels of Being. When these qualities are present in us as an underlying current, it adds to our daily routine a resonance of depth and meaning.

To sustain this current in our life, it is necessary for the heart to become foremost. The heart is the centre for love and compassion, for lightness and joy, for wisdom and purpose, for meaning and deeper knowing.

Every time we move in accordance with our deeper truth, it is an act of love for the greater in us. And it responds with inner guidance: small certainties that show direction and the next step we are called to take in life. The more unconditionally we follow the small instructions inside, the clearer this “inner guide” talks to us and leads us home.

There will be longer periods of silence.

Instructions and training will be given in an easily understandable English.

A participant say

“The retreat was a wonderful experience in a beautiful environment. I've experienced a careful confrontation with my deepest and sometimes hidden longings. I've learned to listen to the whispering of my heart. In a way, I have found my way home. And now I know my path, in daily hectic I can find it over and over again.” Marie Klaren, Holland

The program of the day will includes

- Meditation, Vipassana and the opening of the heart.
- Contemplation on an inspiring text of wisdom.
- Mantra chant and meditation (Gayatri).
- Inquiry (exercises for investigation in pairs).
- Dialogue, response and sharing.
- Stress and tension releasing exercises (TRE of David Berceli). The exercises are for everybody.

They are very supportive of the relaxation that is promotes meditative states and inner deepening.

Program for the days

07:30 – 8:30 Program

08:40 - 10:00 Breakfast

10:00 – 13:15 Program

13:30 - 16:30 Lunch and own time, walks at the lake and in the forest
16:30 – 18:15 Program
18:30 - 19:45 Dinner
19:45 – 21:00 Program

Arrival and departure

The retreat begins Sunday December 27th. 2015 at 19:00, where the group will gather for the start of the course. You may arrive from 16:00 onwards. The first meal served will be at arrival. The retreat ends Saturday January 2nd 2016 after lunch at 13:00.

Address of the retreat location

Björken 1, Gällnäs, 66 693 Gustavfors, Sverige. See www.one-ness.net/gallnas . The retreat will take place in scenic Dalsland, in the middle of a silent, Swedish forest on the banks of Vestre Silen.

How to get there

The place is 180 km to the South of Oslo, 180 km to the North of Göteborg. Nearest town is Bengtsfors.

Transportation with bus or train

From Oslo or Stockholm to Årjäng or Bengtsfors; from Copenhagen to Bengtsfors. The course place can collect you at the bus station on arrival.

Accommodation

Sleeping facilities in double room with common toilet and bath. Bring own beddings and towel. Bedding can be rented for 100 SEK. Duvet and pillow are available. A few single rooms are available against extra fee 600 SEK.

Price: 5.940 DKK.

Included in the price

Teaching 3.300 DKK.
Room and board 3.300 SEK. The food is vegetarian.
Room and board is paid separately at the course place.

Registration

Please direct your registration directly towards Naja via email or [via the booking formular in this link to munonne.dk](#)

Registration deadline

December 1st. 2015.

Number of places: 14 Booking open 2.

The Payment

1. The course price is paid directly to Naja: 3.300 DKK to Danske Bank reg no. 9493 account no. 405695261.

From Norway, Sweden and other countries: Danske Bank, IBAN: DK 3130005405695261.

2. Room and board 3.300 SEK is paid *cash* on arrival directly to the course place in Gällnäs.

Your participation is secured by paying a deposit now of 1.600 DKK or the full course price 3.300 DKK to Naja Vita Nielsen. Any amount due from the course price is paid latest November 30th.

Cancellation policy

Deposit of 1.600 DKK non-refundable if cancellation made within 3 weeks from the start of the retreat.

Travel guarantee Fund

The course, transportation and accommodation are bought separately, and the arrangement is therefore not covered of the Travel Guarantee Fund's reimbursement.

Course leader

Naja Vita Nielsen

[See photos, get a full description in danish, and get a booking formular via munonne.dk](#) .

[Click into this link to open to a short film showing the place \(Easter\).](#)

[Click into this link to open to a Photo flipbook from the retreatplace.](#)

Please contact me for booking and for further information.

Naja Vita Nielsen

mobile +45 40 54 33 83

info@naja.nu

www.naja.nu

facebook.com/najavita