

Silent Retreat



with

Padma

and

Torsten

on the Danish island of Fanø

September 26th- October 3rd 2009

This retreat offers an opportunity to dedicate a week to deep self-inquiry in an intensive atmosphere of silence and beautiful natural surroundings.

The island of Fanø is situated on the northsea-coast of Denmark near Esbjerg, about 70 km north of the German border. The islands Mandø and Rømø lie south of it, Sylt to the southwest.

We will rent one or several houses with 4 to 5 bedrooms, a kitchen and one or two living rooms each, a sauna will also be available in at least one of them. Rooms can be booked for single or double occupancy.

You will be invited to keep an atmosphere of silence in the houses and to refrain from conversation and distractions. There will be two to three meetings a day with Torsten and Padma.

Besides, there will be ample opportunity to enjoy the beauty of nature and use the sauna. We will mostly prepare the meals ourselves together as a group.

Getting there and back

Fanø can be reached by ferry in about 20 minutes from the Danish town Esbjerg. From the European mainland, you can get there and back by train or also with a private car.

Expenses

The following prices still depend on the number of participants and the occupation of houses to be booked then. Should there be a reduction in housing prices, we will refund any excess payments after the retreat. This way there might still be a reduction of these prices between 10 and 60 Euros per person.

costs for lodging and food:

double occupancy: 290,- Euros per person
single occupancy: 390,- Euros per person

+ retreat fee:

until June 1st: 290,- Euros per person
after June 1st: 370,- Euros per person
(date of down-payment, see registration form)
reductions possible upon request

If you are interested in joining us, please let us know as soon as possible, so we can book the required houses.

for information and registration contact:

Sahib Kaur, Tel.: 0049 (0) 163 6017071
mail: SahibKaur@web.de
registration form attached

you can also find photos of the island and our houses on our website:

www.satsang-mit-torsten.de/m-04-02-01-12.html

registration form for the Fanø-Retreat 2009

Please send to:
Praxis für Meditation und Selbsterforschung
Marthastr.50, 20259 Hamburg, Germany

Hereby I register to participate in the silent Retreat with Torsten and Padma on the Danish island of Fanø from September 26th until October 3rd 2009.

Seminar-fees: when registering until June 1st: 290,- Euros after that 370,- Euros (date of payment).

+ expenses for food and lodging: 290,- Euros for double room, 390,- Euros for single room

mode of payment

This registration is valid with a down-payment of the expenses for lodging of 190,- Euros for double room / 290,- Euros for single room occupancy.

The rest of the expenses for food and lodging plus the seminar-fees will be due on August 1st.

Name: _____

Telephone: _____

E-mail: _____

room-request: (please tick off appropriate circle) single room

double room together with: _____

date & signature: _____

cancellation-policy: the down-payment for lodging of 190,- Euros (double), respectively 290,- Euros (single room) is non-refundable (except if a substitute participant is found). When cancelling after August 10th 2009, an additional 50% of the seminar-fees is retained, after September 14th no refund is possible anymore.

Bank-account: Torsten Brügge, account-number.: 227496,
Kreissparkasse Harburg-Buxtehude, bank number: 207 500 00
IBAN: DE 14 2075 0000 0000 2274 96, BIC: NOLADE21HAM