

## Summer Camp 2015

The Retreat Center, Elsebråne, Asarum (at Karlshamn), Sweden

<i>Activities</i>	<i>Date</i>	<i>Price</i>
Work Week, <b>Summer Camp 2015,</b> Meditation Retreat,	Week 28 – July 6-11 2015 <b>Week 29 – July 13-17 2015</b> Week 30 – July 20-24 2015	Free + discount 1500 DKK for activities <b>4500 DKK</b> 2800/3000 DKK

Instructors: Søren (Janu) Ventegodt and Pavlina (Kasra) Kordova

### What is this about?

- Enjoying the company of great people, amazing nature
- Historical buildings (it is a ruin, expect the standard of the youth hostel), simple and good vegetarian food
- Find your True Self – Access your Talents and True Potential
- Philosophy of Quality of Life
- Emotional, existential and sexual healing
- Improve your Quality of Life – Find your happiness
- The Art of Spontaneous Life Management – Effortless Living
- Improving physical and mental health





*The farm is the „ruins“ of a big farm rebuild 1844, and is in the process of being lovingly restored... it is not even of the standard of a one star hotel - more like a scout's cabin. Everything is very simple, old, rustic, and not at all modern and yet the beautiful setting of the farm easily makes up what we might lack on modern conveniences.*

*(more pictures of the farm on [www.qualityoflife.dk](http://www.qualityoflife.dk))*

### **6<sup>th</sup> – 11<sup>th</sup> July 2015, Work week**

The farm is beautiful, spacious and charming but it needs lot of love, care and maintaining. Every year we are opening the season with two work weeks. You can join the group of happy people, give a hand, live with us for free and get nice discount for summer camp or meditation retreat. There are a lot of projects going on, so you will always find work you can do (like painting, plumbing, carpeting, cooking, cleaning, gardening, etc....). Your dedicated efforts are expected 8h a day (9 – 13 and 14 – 18), in the evening we always have a wonderful time – swimming, visiting sauna, bonfire, walks, board games.... etc.

### **The *legendary* annual 5-Day Summer Camp**

#### **13<sup>th</sup> – 17<sup>th</sup> July 2015, 'Find Your Self – Heal your life'**

This 5 day course focuses on philosophy of life, on getting to know yourself, to be become aware and to embrace your true potential. It will have a profound impact on your quality of life, induce emotional, existential and sexual healing, improve physical and mental health and introduce you to the art of spontaneous life management. In a relaxed and happy atmosphere will we work with emotional and existential healing, eat good, vegetarian food, take long walks in one of Blekinge's most beautiful nature reserve, situated just next to the farm, and enjoy sauna, lake swimming and other fun activities.

Self-inquiry will be inspired by video-satang's with the spiritual masters Sathya Sai Baba, Osho, Papaji and Mooji. Living is simple here; every evening we will meet and have a good time.

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### **20<sup>st</sup> – 24<sup>th</sup> July 2015, Meditation Retreat**

The above mentioned meditation retreat is for peaceful beingness, meditation and deep contemplation on the meaning, form, style, and values of your (future) life. The week is an opportunity, in a wonderful environment and relaxed atmosphere, for a moment to stop up totally, and look into yourself for a deeper truth. Without any specific agenda just come and live with us and let the days flow freely - and sink into truth.

If necessary we offer personal consultations.

PS: We are not practicing any type of meditation in particular; we are just watching our self carefully and from a deep truthful place within our Self.

## Course Venue:

at Elsebrånevägan 588-8, 374911 Elsebråne, Asarum, **Karlshamn**, Blekinge, Sverige

## Flight to Copenhagen: get a cheap flight to Copenhagen airport!

With early booking tickets are very cheap. For example one way ticket from London is about 25 GBP and from Oslo the ticket is about 350 NOK (try [www.momondo.com](http://www.momondo.com)).

## Travel from Copenhagen Airport to the venue:

From the Copenhagen airport terminal is a direct train link to Karlshamn Station. From there it is about 20 minute's taxi ride to the farm (about Euro 35). You can view the time table or book your train ticket on [www.sj.se](http://www.sj.se) there is on the top left corner a tap for English language setting.

## Introduction:



Soren Ventegodt holds a master's degree in medicine (MD) and a European master's degree in alternative medicine (EU-MSc-CAM from Interuniversity College, Graz). He has worked as a holistic therapist since 1983 and has conducted research in quality of life and holistic medicine since 1990. He has written 150 scientific articles and more than twenty books, including eight American textbooks on Hippocratic medicine. He is a student of Sai Baba, Osho and Mooji . Since his youth he has sought spiritual guidance from sages and monks including HH Dalai Lama. He has been trained in Native American shamanism and the Medicine Wheel in Denmark by Strong Eagle (Lance Crawford ) and in USAS by White Eagle from Delicate Lodge.



Pavlina Kordova is Reiki master, psychotherapist and body therapist. Since 2004 she has regularly attended courses on healing, quality of life, and personal development in the Czech Republic, England and Sweden. She has been a regular visitor in the Osho center in Czech. She has since 2012 been teaching subjects like holistic healing, sexual health and personal growth in Czech Republic, Norway and Sweden. In 2014 she participated on sacred ritual in Amazonian Jungle in Perú.