

WONDERFUL SUMMER RETREAT in FRANCE

June 3rd-6th 2011



Michal's values family are holding a special retreat in June 2011. We'll be working with a program laid out by Michal- meditation and deep exchanges. There'll be plenty of time for developing and deepening real friendships...

...and lots of fun!

Each day will include some or all of the following:

- A meditation session - working with LEAP the special meditation developed by Michal.
- A movement session - a series of movements developed by Michal that the values family come together to practice.
- A teaching session - working with recordings of Michal's teachings that are not available anywhere else.
- An (optional) movie in the evening...

...and also

Delicious home cooked food, waking to the sound of the rivers, songs and fun around the campfire at night, lazing in the row boat on the lake, splashing (even swimming) in the stream, and plenty of space to really relax and just "be."

The course will be facilitated by Michal senior students. Come and join our values family. It's a very special experience - see what others have said about past retreats:

....I got so much wonderful juice from the retreat that even though it's two 10 hour flights, it's totally worth it as I am in a completely different [hugely better] space than I was before I left. It's like a very powerful medicine on every level. Isn't that just great?

Felicity Crush - Graphic Artist, Ecological Activist

...a deeply enriching experience a tapestry of meditations, conversations and connections, all taking place in a beautiful mill and lakeside setting in Northern France. Not only an opportunity for stillness and expansiveness, but also a profound experience of interconnection...

Graham Lee - Executive Coach, Psychotherapist

I really, really loved the retreat - it seemed that I knew and connected to everyone in that deeper place, with no difference between newcomers and old hands. On my return there was no "crashing back" into everyday life at home - must have been because the retreat was, quite simply, how everyday life can (and ought to) be, and yet I still looked into the darker places, grew, and came back so much the wiser and stronger for it.

Hilary Pearson - Homemaker, Graphic Artist

Venue: The Mill Retreat Centre, Aumale, France

Cost: £250 per person - single rooms on a first come first serve basis

Travel: the Retreat Centre minibus will pick up from either Eurostar Lille or Calais, and return at the end of the retreat. The cost will be between £45 and £70 depending on the number of passengers. We will also help to organize car share.

**Book by February 1st and get a free copy of Michal's CD
Energy the Real Story: Step One worth £39.99**

To book or for more details please email Hilary@michallewin.com