

Friday May 14<sup>th</sup> - Friday May 28<sup>th</sup>

# SILENT 2010 RETREAT

CENTRUM VENWOUDE • LAGE VUURSCHE • HOLLAND



## MEETINGS WITH ISAAC & MEIKE

This is an invitation to be conversationally silent between meetings and to give yourself the opportunity to simply be with yourself without the usual distractions that require our attention.

Two days of two meetings daily and five full day meetings each week.

Optional: two Feldenkrais classes daily

# SILENT RETREAT

AT CENTRUM VENWOUDE • HOLLAND



**FIRST WEEK** Friday May 14<sup>th</sup> after lunch - Friday May 21<sup>st</sup> after lunch

**SECOND WEEK** Friday May 21<sup>st</sup> after lunch - Friday May 28<sup>th</sup> after lunch

You are welcome to book for 1 or 2 weeks.

PRICE including full board and Retreat in Euro:

	one week	two weeks
Single bedroom:	725	1410
Double bedroom:	640	1240
Dormitory:	550	1060
Campers:	565	1090
Tents (B.Y.O):	520	1000

**RESERVATIONS REQUIRED**

Food is vegetarian with two fish meals.

In case of diets sent your diet to Ine.

For dormitories and tents: bring your own bedding and towels – it can be cold at nights! Check in time for both weeks: Friday, 2 pm - 5 pm.

If you are arriving late, please notify us. If you have not arrived by Friday night 11pm and have not notified us, your space may be given to someone else.

Registration contact: Ine van Deursen, e-mail:

vandeursen.ine@gmail.com Phone 0031 40 255 1003

# SILENT RETREAT

MEETINGS WITH ISAAC AND MEIKE

May 14<sup>th</sup> - May 28<sup>th</sup> 2009

Please send to:

Ine van Deursen

Iepenlaan 45

5616 NP Eindhoven

Nederland

**T**he beauty of this invitation is that nothing needs to be changed, fixed, or eliminated. It is a non-dualistic, non-judgmental enquiry into our present being. everything happens through the agency of awareness.

Isaac



[www.isaacshapiro.org](http://www.isaacshapiro.org)

RETREAT



In the course of investigation, people spontaneously recognize the true nature of themselves, which many report as the experience of peace, unconditional love, compassion, or simply of being home

Isaac

# RETREAT WITH ISAAC AND MEIKE

**Centrum Venwoude**  
**Vuurse Steeg 1**  
**3749 AN Lage Vuursche**  
**E-mail: kamers@venwoude.nl**

## Feldenkrais

There will be taped Feldenkrais lessons played twice daily at no extra charge.

The Feldenkrais method invites a natural grace and freedom of movement, by being aware of what you are doing while you are doing it. Awareness Through Movement lessons invite a playful and gentle learning environment to reveal unconscious habits and patterns of movement, thinking and feeling.

The organic learning that occurs is accumulative.

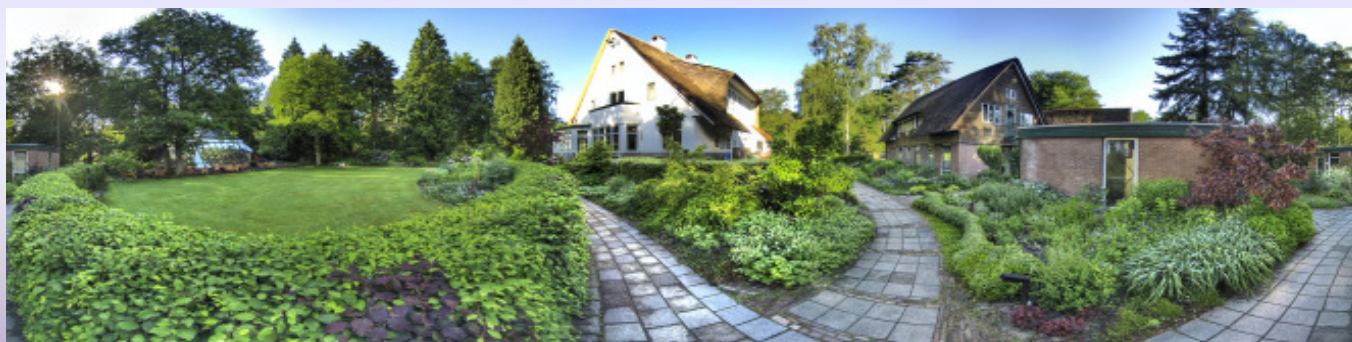
This is a unique opportunity to experience a substantial shift in your embodiment.

All ages and stages are welcome.

If interested please bring a blanket or mat.

## How to get to Venwoude

- **By public transport:**  
Bus 59. From Hilversum Central Station direction Zeist and from Den Dolder Central Station direction Hilversum. On both cases you get off at the stop Venwoude.
- **With the car via Utrecht:**  
You hold on the direction Hilversum/Almere. You take the exit Bilthoven/Maartensdijk, direction Bilthoven till crossing. Then you go direction Lage Vuursche. You follow the signs Lage Vuursche. At the T-crossing you go right and at the following T-crossing (on the right you see a very small house) you are going to the left, direction Lage Vuursche. After 300m you see near a busstop at your right hand the white signs "Centrum Venwoude".
- **With the car from Amsterdam/Amersfoort:**  
Follow the A1 till the exit Soest. Drive in the direction from Soest. After 2 km at the exit Lage Vuursche, you go right and at the first traffic lights you go to the left. You follow the way through the village Lage Vuursche. After about 1 km you see a busstop and at your left hand the white signs "Centrum Venwoude".



Registration form \_\_\_\_\_  
please print \_\_\_\_\_ date \_\_\_\_\_

name \_\_\_\_\_ first name \_\_\_\_\_

street \_\_\_\_\_

ZIP \_\_\_\_\_ city \_\_\_\_\_ state \_\_\_\_\_

telephone \_\_\_\_\_ e-mail address \_\_\_\_\_

If at any point you know you will not be attending the retreat - please let us know as soon as possible so someone else can receive the benefit of the retreat.

### Please check: I book for...

- first week May 14 - 21     second week May 21 - 28     both weeks May 12 - 28

### Accommodation:

- Single bedroom     Dormitory female     Caravan/Camper  
 Double bedroom     Dormitory mixed     Tent

signature \_\_\_\_\_

The registration is confirmed by...

- sending the filled out registration form to Ine van Deursen, Iepenlaan 45, 5616 NP Eindhoven, Holland
- and transferring the deposit of 135 Euro for one week/ 270 Euro for two weeks to the account of Isaac Shapiro, Iepenlaan 45, 5616 NP, Eindhoven, ING: accountnr. 7332464 and from outside Holland: Conto number: IBAN-NL42INGB0007332464, Swift Code: INGBNL2A Address Receiving Bank: ING, Postbus 1800, 1000 BV Amsterdam, Holland
- Cancellation fees:
  - 50 Euro of your deposit will be non refundable if you cancel up to one month before the retreat starts.
  - If you book for two weeks and cancel one of them, 50 Euro for the week you cancel will be non refundable.
  - If you cancel within the last month before the retreat starts 135/270 Euro will be non refundable.
  - Only cash accepted in Venwoude.
- Only written registrations accepted!