

# ALREADY HEALED ALWAYS HEALING

## EMBRACING THE PARADOX OF LIVING

What goes to  
the root of all your  
SUFFERING and  
EXHAUSTION?

Rediscover  
an honest,  
embodied and  
GROUNDED  
SPIRITUALITY

How HEALING  
can happen  
when you  
stop 'trying'  
to heal.

How can you stay  
PRESENT even in  
the midst of pain,  
uncertainty and  
discomfort?

How MEDITATION  
can be simple and  
effortless:  
a fresh approach to  
spiritual practice.

Who are you,  
beyond your  
thoughts and feelings?  
What is SPIRITUAL  
AWAKENING?



# 7-DAY RETREAT

with **Jeff Foster**

6 - 13 May 2022

Château Frandoux in Frandoux, Belgium

Daily group  
meetings  
with Jeff

Daily yoga  
& meditation  
session

Private retreat  
centre with  
sauna and  
swimming lake

Comfortable  
1- and 2-person  
bedrooms

Delicious  
vegetarian  
meals enjoyed  
in silence

[www.LifeWithoutACentre.com](http://www.LifeWithoutACentre.com)

### MORE INFORMATION:

*Scroll through the document,  
or click on the links below*

[The Retreat: Already Healed, Always Healing](#)

[Retreat Details](#)

[Covid-19 Information](#)

[Travel Information](#)

# ALREADY HEALED, ALWAYS HEALING

## SOFTENING INTO PRESENCE AND EMBRACING LIFE'S DEEPEST QUESTIONS... EVEN IN OUR DARKEST MOMENTS

*A 7-day 'Deep Rest' Retreat with Jeff Foster in the beautiful Belgian Ardennes*

What if...

- ♥ the sacredness you have always been seeking is actually contained in the midst of your tender human vulnerability and glorious imperfections?
- ♥ everything you think is 'wrong' with you, is actually a lost part of you that's longing for love?
- ♥ there is medicine hidden inside your pain.... and your deepest longings, aches, doubts, grief, and heartbreak are actual portals to awakening?
- ♥ spiritual enlightenment is already here, shining through the simplicity of this moment, exactly as it is?

Has your life become an exhausting self-improvement project? Do you long to feel at home, safe and loved, exactly as you are, exactly where you are? After years and years of trying to become a 'better' person or a 'perfect' student, do you still feel far from where you want to be? Do you long to slow down, rest, come out of repetitive and exhausting thinking... and fall into simplicity, held by the holy arms of Life?

Come join beloved author and teacher Jeff Foster for an immersive 7-day deep dive into the healing ocean of spiritual enlightenment and radical self-acceptance. With his trademark gentleness, clarity and humour Jeff brings a **powerful core teaching of Presence**, which lovingly dismantles self-hatred, shame and unworthiness at its very root, and wakes us up to the miracle of being alive.

*"After many years of speaking with thousands of people," Jeff says, "I have realised that underneath nearly all of our suffering, spiritual seeking and exhausting self-improvement quest, there is a primordial sense that we are not good enough. We have a sense there is something missing at our core, and that we are not safe. Whatever we try and do, we feel somehow broken and separated from life. Paradoxically, when we stop trying to feel worthy, and end the fight to heal or transcend ourselves, we can begin to **discover we were never broken**, and there was never anything to fix. When we stop seeking a different experience and instead dive courageously into this moment, exactly as it is, we can heal the addiction of a lifetime, and find the one thing we were always longing for: intimacy with Life itself."*



During this retreat, Jeff will talk openly, honestly and provocatively about his own healing journey, his battles with suicidal depression and chronic illness, and his quest for spiritual enlightenment. Along the way, he will dismantle all kinds of outdated myths of spiritual awakening and healing. He will cover topics and issues such as...

- ♥ Why you don't need to 'silence your mind', 'get rid of your ego', or 'transcend your body'.
- ♥ What is the value of spiritual insights and techniques in our darkest times?
- ♥ The rediscovery of a **grounded, embodied and deeply honest spirituality**, rooted in nondual truth, yet also embracing all of our beautiful human imperfections, failures and doubts.
- ♥ How to stop running from life and rest deeply in the safety of the present moment.
- ♥ How to remember Presence even in the midst of pain, uncertainty and discomfort.
- ♥ Why shame, unworthiness and even self-loathing can be portals to Wholeness.
- ♥ How meditation can be simple and effortless: a fresh approach to spiritual practice.
- ♥ Why 'working on yourself' doesn't always work, and doing nothing can sometimes be the best 'doing' of all!
- ♥ The practice of **beginning again in every moment** - developing curiosity for life.
- ♥ How you can meet the fear of death, loss and change, which is really the fear of not knowing what the next moment will bring.
- ♥ The paradox of life: how you are always healing, whilst already being healed...

**Each day on the retreat you will rest in Presence with Jeff.** He will help you drop out of your busy mind and connect with your body, your breath and your authentic feelings in the living moment. Through heartfelt talks, guided meditations, silence, personal stories and honest, playful dialogues, he will remind you that you are perfect and whole, exactly as you are. Jeff will guide you in staying present and connected with yourself, when confronted with the 'mess' of your life. He will help you face your difficult feelings, uncomfortable urges, painful longings or bodily contractions with a little more courage, a little more presence, a little more faith, a little more grace.

**This retreat is a profound gift to yourself:** an invitation to stop running away from life! To turn towards your joy, your bliss, your pain and your sorrow, and embrace what arises in loving arms. To discover Who You Really Are. To rest from the exhaustion of modern living, to turn towards your heart and experience what is truly alive within you. It is an invitation to fully experience yourself, the dark and the light, the comfortable and the uncomfortable parts. It's a chance to dive deeply into Jeff's heart-opening message, surrounded by peaceful nature, nourished by good food, supported in a safe and nurturing environment with like-minded friends...

**We look very much forward to seeing you at this 7-day retreat with Jeff in Belgium!**



***"The word 'depressed' can be spoken as 'deep rest'.** We can view depression not as a mental illness but as a state of 'Deep Rest', a spiritual exhaustion that we enter into when we are de-pressed – or pressed down - by the weight of the false self, the lies that our culture imposes on us, the mask we wear to hide the pain, the mind-made story of 'me'. We long to stop pretending, and express our raw truth! To give voice to our secret loneliness, our shame, our broken hearts, our boredom and brilliant rage! There is no shame in our exhaustion, and our depression is holy, for it contains the seeds of new life. Allow yourself to rest. And weep. And breathe. And begin again..."*

*- Jeff Foster*

# Château Frandoux



## THE RETREAT

### DATE

Starting on Friday 6<sup>th</sup> May 2022, arrival between 18:30 and 19:30 hours (after dinner!).  
Ending on Friday 13<sup>th</sup> May 2022 at 10:00 hours (after breakfast).

Leaving on Thursday evening after the final meeting is an option, but will not influence prices.

In your travel planning please be aware that on the day of arrival **the venue is accessible only from 18.30 hours**.

### VENUE

**Château Frandoux**  
**Rue des Pèlerins 4**  
**5580 Frandoux (Rochefort)**  
**Belgium**

Frandoux is located in the Belgian Ardennes, a region of great historic, cultural and natural attraction. The château is a stately mansion, built beside a lake and a private 25-hectare forest. A beautiful venue with an abundance of history and atmosphere.

For **travel information** click [here](#).



*"Your pain, your sorrow, your doubts, your longings, your fearful thoughts: they are not mistakes, and they aren't asking to be 'healed'. They are asking to be held. Here, now, lightly, in the loving, healing arms of present awareness..."*

- Jeff Foster

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### Testimonials:

*"Our world does not need any more gurus, teachers and saviours, but honest human beings, who live here among us, who strive to switch on a light-bulb in the darkness of the emotional underworld. Thanks, Jeff, for being a role model." - E.S.*

*"I felt accepted as never before...This retreat was very different from many others I did in the past 20 years. Not the kind where you feel 'high' just to get even lower when you go back to ordinary life, not the kind where you understand everything but actually fail to integrate anything... This may be the most valuable gift life ever gave me, and I am grateful for that." - D.H.*



## **PROGRAM**

During the retreat Jeff will hold meetings daily. In these meetings, he will lead guided and silent meditations and offer talks. There will also be opportunities to ask Jeff questions.

All meetings are English spoken, without translation.

Every morning before breakfast you are encouraged to take part in a 'mindful yoga' class, and in the afternoon it's recommended to join a silent meditation session. Other group activities might spontaneously be planned as well, depending on what feels appropriate in the moment.

Free time during the days can be spent resting and doing absolutely nothing! Or, for example, you could go walking in the woods or relax in the sauna. You may spend time alone and in silence, or connect and share with your fellow retreatants... however your heart guides you.

**Please mind that this will NOT be a silent retreat. However, we will enjoy all meals together in silence. In addition, the meeting room will be turned into a silent area for the whole week. And if you yourself wish to be fully silent for any period of time during the retreat, we can supply you with an 'I am in silence' badge to make this known to the group.**

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### Testimonials:

*"What happened in that retreat is inexplicable. Something very profound changed forever... I do not need 'me' anymore... The Presence that expressed itself through Jeff, the depth of being cannot be explained, but so deeply felt. That was like a recognition in the heart of something so big that it cannot be put into words." - J.P.*

*"Jeff has been the biggest life-changer and presence-bringer I needed in my life. I am forever grateful to him for helping me to stay Present and accept my full humanity, in all of its doubts, fears, sorrows, its sensations, feelings and its joy. Truly, thank you!" - R.L.*



## COST

### **PRIVATE RATES:**

You will not receive an invoice; the bank transfer is your proof of payment.

- € 1.170 Full board and a shared **6-person dorm** with separate beds (mixed gender). Shared toilets & showers in the corridor. Price is per person.
- € 1.335 Full board and a shared **double room** with separate beds and a sink (same gender). Shared toilets & showers in the corridor. Price is per person. *Limited number available!*
- € 1.450 Full board and a shared **double room** with separate beds and a private shower & toilet (same gender). Price is per person.
- € 1.675 Full board and a **single room** with a sink. Shared toilets & showers in the corridor.
- € 1.895 Full board and a **single room** with private shower & toilet. *Very limited number available!*

## COMPANY RATES:

Prices are excluding 21% BTW (VAT). A business invoice will be issued for tax deductibility purposes.

- € 1.400 Full board and a shared **6-person dorm** with separate beds (mixed gender). Shared toilets & showers in the corridor. Price is per person.
- € 1.600 Full board and a shared **double room** with separate beds and a sink (same gender). Shared toilets & showers are in the corridor. Price is per person.
- € 1.750 Full board and a shared **double room** with separate beds and a private shower & toilet (same gender). Price is per person.
- € 2.000 Full board and a **single room** with a sink. Shared toilets & showers are in the corridor.
- € 2.275 Full board and a **single room** with private shower & toilet. *Very limited number available!*

## DISCOUNTED RATE:

Please contact Menno for a special rate if you are on social welfare.

Click on: [menno@freeflowcoaching.nl](mailto:menno@freeflowcoaching.nl).

## INCLUDED IN THE PRICE ARE:

- All group meetings with Jeff
- 7 Nights stay
- 3 Delicious buffet meals per day (lunch and dinner are vegan, breakfast is vegetarian)
- Daily yoga, meditation and other possible group activities
- Use of sauna
- Coffee, tea, water and fruit syrups all day

Please note that, contrary to retreats with Jeff in the past, participants have no longer an obligation to help prepare food or clean up after meals. But feel free, if you wish to do so.

**The rooms in the venue differ in size, comfort and view, and the best rooms will be allocated first, in order of received payment.**

Camping on site is not permitted.



## Testimonial:

*"Jeff has no lineage. So, he has no spiritual guru baggage to carry around. His meetings are just raw, naked, unconditional love. This is a new teacher for a new time with a timeless message." - R.P*

## **BOOKING & PAYMENT**

Please send an e-mail to Menno in English or Dutch to check availability of your preferred type of room, and inform him if you would like to pay the private rate or company rate. A registration form will then be mailed to you to fill out. Click on: [menno@freeflowcoaching.nl](mailto:menno@freeflowcoaching.nl).

The reservation of your room is confirmed only after receipt of your full payment.

The necessary bank account details are mentioned on the registration form.

## **CANCELLATION TERMS - please note carefully!**

- € 50 of the price paid is non-refundable.
- 50% of the price paid is non-refundable, if you cancel after 31<sup>st</sup> March 2022.
- There is no refund, if you cancel after 14<sup>th</sup> April 2022, or leave early during the week.
- We recommend taking out cancellation insurance.



### Testimonial:

*"The retreat was the most deeply relaxing experience I've ever had. It was really beautiful to be able to sink completely into stillness and the mystery that all of this is. For the largest part of the retreat, the sensation of 'heart opening' was felt as a virtual constant, something not experienced so deeply and prolonged so far." - A.G.*



## **EXTRA COVID-19 CANCELLATION TERMS**

- Cancellation by us - Corona related:

Considering the uncertainties around the Corona pandemic, please take into account the chance we need to cancel the retreat due to new governmental regulations. In this unfortunate case the paid event fee will be fully refunded to you, including the administration fee of € 50, which is normally non-refundable. However, any other costs regarding this retreat, for example travel expenses, will not be refunded.

- Cancellation by you - Corona related:

In case you have registered and paid for the retreat, you are entitled to a full refund, minus the non-refundable administration fee of € 50, if...

- within 10 days before the start of the retreat you are tested positive for Corona virus / COVID-19 by an official medical institution, or
- you need to cancel because governmental Corona regulations do not allow you to travel to Belgium.

In either case any other costs regarding this retreat, for example travel expenses, won't be refunded.

## **COVID-19 PRECAUTIONARY TERMS & REGULATIONS**

Château Frandeux and the organisers of this event give high priority to protect the health and well-being of all retreat participants.

The Belgian Corona regulations, measures and guidelines will continuously be monitored, and the organisation of the retreat will be adjusted accordingly, if needed.

Since Corona regulations change frequently, you will be informed in the last week of March about the exact precautionary terms and rules that will apply to this retreat.

Please mind that a valid European Digital Corona Certificate (EU DCC), or for Belgian participants a valid Covid Safe Certificate (CST), may be mandatory to gain access to this event.

During the retreat other precautions and rules may be applicable. For example, wearing face masks, fixed dining room seating, frequent washing of hands, and regular ventilation of spaces.

If we all do our part in following the Corona rules, we will all be able to enjoy and fully benefit from what this retreat with Jeff has to offer.

Okay,  
let's do this together.  
**#WEAREREADY**



## TRAVEL INFORMATION

**Château Frandoux**  
**Rue des Pèlerins 4**  
**5580 Rochefort - Frandoux**  
**Belgium**

**IN YOUR TRAVEL PLANNING PLEASE BE AWARE THAT ON THE DAY OF ARRIVAL THE VENUE IS ACCESSIBLE ONLY FROM 18:30 HOURS.**

### **By car to Frandoux:**

Click on [chateau](#) to create your personal Google Maps directions to Frandoux.

### **By car from an airport nearby to Frandoux:**

Distance and estimated travel time by car, *not* taking into account possible traffic jams:

- 85 km - 60 min → from Brussels South Charleroi Airport (CRL) to Frandoux
- 110 km - 70 min → from Brussels Zaventem Airport (BRU) to Frandoux  
*This airport is the best choice for a carpool to Frandoux.*
- 140 km - 85 min → from Luxembourg Airport (LUX) to Frandoux
- 240 km - 2¼ hours → from Cologne Bonn Airport (CGN) to Frandoux

### **By carpool to Frandoux:**

On your registration form you will be able to indicate whether you like to be part of a carpool to Frandoux, as a driver or as passenger. About a week before the start of the event the carpool list, with contact details of all drivers and potential passengers, will be e-mailed to the participants who have shown interest, so they can contact each other to arrange transportation.

*Please note that the organisation cannot guarantee that the carpool will work out for you!*

### **By public transport or taxi to Frandoux:**

Click on [www.bahn.com](http://www.bahn.com) to plan a train journey from anywhere in Europe to **Rochefort-Jemelle**, which is the nearest train station to Château Frandoux, at 10 km distance.

From *Jemelle* station **BUS 166C** leaves on Friday at **17:40 hours** in the direction of *Rochefort Briquemont*. It stops at around 18:15 almost in front of the château in Frandoux. This is the only bus available around the required time of arrival. For the general bus schedule, please consult: [Bus 166C](#).

For a **TAXI** to Château Frandoux from an airport, or vice versa, this website could be useful: [www.city-airport-taxis.com](http://www.city-airport-taxis.com). Use 'Rochefort-Belgium' as destination. Booking in advance is highly recommended!

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