



SUMMER CAMP

Improve your Quality of Life – Be Introduced to the Art of Spontaneous Life Management – Find your True Self.

Lecturers: Søren Ventegodt (DK) and Pavlina Kordova (Czech)





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

Practical information: The course is conducted in English. It costs 45 00 DKK including vegetarian food and simple accommodation. It takes place on Elsebråne Training Center, Elsebrånevägen 588-8, Asarum, in Karlshamn, Blekinge, Sweden.

ACTIVITIES

Work Week

Summer Camp

Meditation Retreat

DATE

Week 28

Week 29

Week 30

PRICE

Free + discount 1500 DKK for activities

4500 DKK

2800/3000 DKK



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)

THE CAMP:

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 'FIND YOUR SELF – HEAL YOUR LIFE'

This 5 day course focuses on philosophy of life, on getting to know yourself, to 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 we will 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 videotapes 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.

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 ourself carefully and from a deep truthful place within our Self.

Course Venue: at Elsebrånevägen 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).

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 35 Euro). You can view the time table or book your train ticket on www.sj.se there is on the top left corner a tap for English language setting.



ABOUT US:

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 USA by White Eagle from Delicate Lodge.

Pavčina Kordová 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 Prague. She has since 2012 been teaching subjects like holistic healing, sexual health and personal growth in Czech Republic and Sweden. In 2014 she participated on sacred ritual in Amazonian Jungle in Perú. In 2015 she met over 200 female healers in Africa.

CONTACT & BOOKING

If you are interested in our services send us email on ventegodt@livskvalitet.org or call/text us on phone +45 20 66 67 66

