THE HEALING DARKNESS

A 10-day and night Retreat and Mystery School

with Continuum Sounds, Movements & Silence in the Dark

Tone Gilje (Norway) & Volker Moritz (Netherlands)

19 February – 1 March 2023
(start 19 h, end 14 h)

In the beautiful nature of the Swiss Alps at Schweibenalp, Brienz

Since 2014 we are offering this special retreat. The intention is to allow us to dive into such a deep state of relaxation and awareness, that healing and self-regulation can happen, grounded and guided by our body-wisdom. Through Continuum we slow down the system, entering a different frame of time and space.

Like a snake sheds its skin, a new form of wisdom can appear…

In the first days of the retreat, we develop a sequence in order to calm our mind and body and develop trust in the system. Then we slowly increase the capacity to be in the silence and in the dark. The darkness pulls us inwards. It works like a gestation chamber, where new life can be born on all levels: your DNA, cells, thoughts, experiences. This healing space is available throughout the seminar - day and night - to practice, sleep and be. If you want to go outside for food or walks, that is possible as well.

At the moment we are all prepared, we can enter the Mystery School. It means to embody the ancient, universal symbols and fractals of nature. In the Mystery Schools there is no teacher. When entering the silence and darkness, we enable the Mystery to reveal itself, to teach and guide us.

Schweibenalp is a power place and one of the most beautiful retreat centres in Europe: An ancient Celtic druid site, above the world on 1100 m heights, overlooking a majestic snow capped mountain-chain and the turquoise Brienzer lake, it simply feels rapturous to be there. Walking to the nearby waterfalls and meditating at the ritual fireplace supports the process. For more than 35 years this Centre of Unity has been dedicated to welcoming people from all religions and walks of life.
www.schweibenalp.ch

Seminar costs:
Early bird until 15 June 2022 and repeater price: € 720.
General price: € 950.
For the accommodation including full board (organic vegetarian meals), choose between shared, double or single room (between CHF 83-137 per night).
If money is in any way a problem, please contact the organizer.

Volker Moritz (born 1971, South Africa) is psychologist / sexologist and Continuum Teacher and Practitioner. He lives and works at Schweibenalp as well as in Amsterdam, combining talking therapy with Continuum and the deep healing bodywork of the Maoris from New Zealand. Volker gives international workshops and is known for his deep, sensitive and natural way of teaching.
www.volkermoritz.com

Tone Gilje (1956) is trained as an advanced Rolfer, a psychodrama director and authorized Continuum teacher in Norway. In the work in her own practice and in the workshops her passion for the mysteries imbedded in us is a driving force for her way of teaching and inquiry, along with the experience from 40 years of practice in the field of bodywork.
www.tonegilje.no

For this retreat Continuum experience is required. If you do not have experience, contact the organizer.

If you want to join, please write briefly about your experience with Continuum and your motivation to join this retreat.

For information and registration: vw.moritz@gmail.com

Looking forward to this journey together!