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# Love Matters

## Retreat by the Baltic Sea

Hof Langfeld - Pommerby  
**15-19 August 2021**

Nicole Lenner & Britta Ibbeken

## What if

- › you would live more slowly?
- › 80% power would be enough?
- › you wouldn't have to make any more effort?
- › you did care for yourself first and then for others?
- › you could have support for a part of your journey?

## Welcome to your time out

We invite you on an inward journey that takes you along the energy centres of your body to different places of your soul. In this way you may discover permeability and blockages, examine beliefs, and look at limiting dogmas to which you can turn to in loving devotion. Accepted, they can unfold their potential and lose their inhibiting effects.

**Love Matters!**

We combine inputs and exercises with various psychological models from Transactional Analysis with bodywork, meditation and dance. In this way we accompany you in understanding your becoming and invite you to discover new ways to become freer and even more yourself - in the protected space of the group (20-30 people). The wonderful energy of the beautiful Ostseehof Langenfeld, the tasty vegetarian food of Anna and Meer, the power of the Baltic Sea and the beautiful landscape form the supporting framework.

## To whom this journey is suitable

For you - if you feel like getting to know yourself a little closer and love yourself a little more. No matter how old, how tall, how small, how slim, how round, how flexible, how rusty, how advanced, how (un)experienced you are .... and no matter what your life context or what your profession is - you are welcome. You decide what is good for you and take the dosage from our offer that suits you.

It is worth remembering that our retreat cannot replace a therapeutic process. Your mental and physical health is a prerequisite.

## The place

Hof Langfeld  
Langfeld 4  
24395 Pommerby, Germany

+49 1512 2812729  
[www.ostseehof-langfeld.de](http://www.ostseehof-langfeld.de)

## Language

This retreat will most probably be held in German.  
We will provide translation into English if needed.

# Parts of our journey

## **Root Chakra:** „I am.“

This is about conscious awareness of our existence and secure connection with the earth that sustains us.

## **Sacral Chakra:** „I love.“

We discover different forms of love and unfold a deeper understanding of our bodies, our beauty, our limits.

## **Solar Plexus Chakra:** „I know.“

Themes here are self-compassion, contact with the world of feelings and our individual strength.

## **Heart Chakra:** „I heal.“

We are concerned with the discovery of a safe, inner place and the unfolding of a loving inner dialogue.

## **Throat Chakra:** „I tell“

It's about reviewing beliefs and rewriting them if necessary, becoming the best version of yourself and telling people all about it.

## **Third Eye Chakra:** „I see.“

Explore the meaning of your being here and develop a healthy "attention diet".

## **Crown Chakra:** „I belong.“

Themes like awareness of all-connectedness and finding a place between your individuality and your belonging find their space here.

# Costs

440 € Early Bird fee - until 30 April 2021

480 € Course fee - from 01 May 2021

## Accommodation & Meals

Rooms with double beds (can also be booked as single rooms) and rooms with two single beds are available, some with shared bathrooms (Cecilienhof and Alte Werkstatt).

400 € p.p. in double room for single use

300 € p.p. in a double or twin room

incl. the rent for our training room

220 € p.p. full board by "Anna und Meer"

all prices include applicable VAT.

I look forward to your presence and your topics!

Warm regards

Nicole Lenner

**Register online**

[WWW.BIT.LY/AMAE-REGISTRATION](http://WWW.BIT.LY/AMAE-REGISTRATION)

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