



Our proposal for this summer is "A deepening in the Essence", in our own "Presence".

Whether you have meditative experience or not, this retreat offers you a deep self-knowledge, since it is about cultivating our innate presence. It is appropriate to reconnect with oneself, with our feeling, with our depth.

It happens that when we have been doing certain meditative practices for a long time, we create rigid forms. That we perceive in lack of joy, discouragement to continue meditating, fatigue and so on, it's in those moments where it's great to reconnect with our presence, with our true Being.



Lyfjabergt Holistic Center, a space in the middle of Swedish nature, an ideal environment to empty ourselves of what is not needed and fill us with chi, pure air and connect with the spirit of nature that supports the reencounter with ourselves.

Every day we will perform Pujas (Arati), offering to the Great White Mother Durga Maa, to impregnate ourselves with her essence, the celebration of life, the pure luminous energy, the warrior and protector, that support us in our effort towards Liberation.

Price for a month of retreat is 1500 euros.

Includes Teachings, Accommodation, breakfast, lunch and light dinner.

More information [www.lyfjabergt.es](http://www.lyfjabergt.es) or write to [lennart@lyfjabergt.com](mailto:lennart@lyfjabergt.com)

