

PFINGSTEN 2017

SONG SANCTUARY RETREAT *in Fraueninsel Kloster*

5.-9. Juni

with **Michael Stillwater**
& **Doris Laesser Stillwater**

Am Chiemsee in Bayern, Deutschland

- **Reconnect** to the 'Great Song' through your own creativity
- **Sing** chants and songs for healing and transformation
- **Live** in a modernized 7th century Benedictine monastery
- **Practice** mantras and core sound vibrations
- **Feel** the spiritual power of Fraueninsel
- **Create** your own story/song with *SongSourcing™*
- **Transform** beliefs about yourself
- **Connect** with fellow travellers on the journey
- **Enjoy** Aryurvedic cuisine *(more information on back)*

Munich- 1,5 Stunden

Regensburg- 2,5 Stunden

Linz- 2,5 Stunden

Stuttgart- 3,5 Stunden

Gotzis- 3,5 Stunden

Vienna- 4 Stunden

St. Gallen- 4 Stunden

from Zurich- 5 Stunden

www.innerharmony.com

Program Our retreats offer a balance of both inner and outer experiences. A typical retreat day includes contemplation and meditation, group activities including skill building, creative exploration and singing, along with time for reflection and relaxation.

Residence Retreats are held in the convent/ seminar house on historic Fraueninsel, surrounded by water and nature. Different accommodation options are possible, depending on preference and cost. Delicious Aryurvedic food is lovingly prepared for us.



Michael Stillwater is a songwriter, educator and filmmaker whose gift for creating environments of song has inspired many to reconnect to the joy of singing using music as a path of the heart.



Doris Laesser Stillwater, Dipl. Psych FH, draws from 35 years of spiritual training, retreat leadership, and practice as a transpersonal psychologist, supporting people in transition using an authentic, intuitive and energetic approach.

- Register with \$200 or euro deposit; Visa/MC or bank transfer
- Program Tuition: \$650 / 600 euro or CHF, plus lodging & meals
- Some tuition reductions possible; contact us if needed
- Previous Retreatants: 400 euro
- Lodging & meals; appx 280 -360 euro (as available)
- Lodging & meals paid on site
- Travel costs not included.
- Retreat begins with dinner on Monday, June 5
- Retreat ends with lunch on Friday, June 9
- Tuition balance due April 1
- Deposit fully refundable earlier than March 1
- Deposit 50% refundable earlier than April 1
- Deposit nonrefundable before May 1
- Balance nonrefundable (but transferable) before May 1
- Cancellation after May 1, without a replacement registrant, requires room charge.
- Visit innerharmony.com for updates or registration variations

Registration

Register online at
www.innerharmony.com

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