

ABOUT 'BLISSFULLY EMBODYING BEING'

Glastonbury: September 20-22; Samos: October 19 - November 9, 2019



In order to fully enjoy our physical existence, we have to come to terms with the duality that allows us to have experiences in a time-bound body, living in a world of seemingly irreconcilable opposites.

Not until we embrace both the agonies and ecstasies of our manifestation can we become our own best friend and will we experience - on a deeper level - the bliss of being that we remember from our childhood.

For this, we may have to navigate through layers of conditioning, (self) judgment, suppressed feelings and physical tensions.

This workshop/retreat is about falling - or rather: rising - in love with who we have become as a 'separate self', and remembering who/what it is that chose to embark on this awesome earthly journey.

In a beneficial holiday atmosphere we explore and celebrate the mystery of being. Our tools are sharing, dance, yoga, healing touch, creative expression and meditation. The programme organically adapts to what comes up moment to moment.

Sailing through bodily sensations, emotions and thoughts (and having a lot of fun in the process) we (re-)connect with that indescribable yet undeniably present 'something' that unites us in delight and wonder.

So that we can receive this pledge from Source to self:

"Beloved,

*I see you, I hear you and I love you as you are.
I will always be there for you,
for better, for worse, for richer, for poorer,
in sickness and health - and in the hour of your death.*

*I will listen to you attentively and without judgment when you need to air your heart.
I will cherish you when you are sad,*

*carry you when you are tired,
hold you when you are cold,
comfort you when you are in pain.*

*And no matter how often you forget me,
no matter how often you go astray,
no matter how often you reject and renounce yourself,
you can always turn around
and I will cradle you in my arms
until you relax, here and now.*

*I will celebrate life with you in all its dimensions
I will remind you that you are free to share your love with whomever you choose to
and I will take you home safely at the end of your journey.
For you are my dearly beloved - now and for all eternity”.*

About Yoyo



Yoyo van der Kooi (75), fine artist, writer, counsellor and healer, sometimes calls herself a midwife for the second birth. In her Laborint centre for the Art of Living (Arnhem, The Netherlands) she has been working with people since 1981, clearing physical, emotional and mental contractions, stimulating creativity, and opening ways to connect the horizontal (worldly) and vertical (spiritual) dimension.

She studied with spiritual teachers in East and West.
Her inspiration comes from the Tao, Tantra, Raja Yoga, the esoteric branches of the world religions Gurdieff, Krishnamurti, Osho and contemporary non-duality teachers.

Her workshops are not pre-programmed: they organically unfold from what presents itself moment to moment and are flavoured with humour.

Next to the workshops and courses in her Laborint centre, Yoyo has given retreats in Europe, The United States and Asia.

For interviews about her life and work, have a look at ‘Yoyo van der Kooi’ on YouTube.

The English pdf version of her book, 'Sacred Shit: Blossoming in the Bog', can be ordered through yoyo@laborint.nl.