

RETREAT 'RESISTANCE & SURRENDER'

with Yoyo & Friends

Samos (Greece)



October 11-18, 2021

Start: Monday, October 11, 1:00 p.m.

Why join?

This is a delightful opportunity to relax and absorb some of the late summer warmth, while leisurely exploring our inner treasures by diving deep into ourselves (and the blue Aegean Sea rustling at our feet).

Ocea <https://www.ocearetreat.com/> is Yoyo's favourite venue, where she has been offering inspirational retreats since 1999. This is a special gathering, because we are commemorating and celebrating the recent passing of Stelios Karampetsos, the founder of this place, who has been our beloved host and friend for over 20 years.

It is his wife Ellina who, together with their son Anastasis will graciously welcome us this time.

What is in it?

Our lives on this planet of duality tend to unfold in the tension field between resistance and surrender. In this retreat we explore the situations and emotions that this tension field gives rise to.

The flow that emerges when we let go of our resistances opens new dimensions of freedom, friendship and (self) love.

In this gathering we discover and experience how that flow can be activated.

The mornings and evenings are for verbal and non-verbal interaction, body awareness, role-play, emotional integration, mind-shifting and meditation. The afternoons for lazing (siestas), swimming, hiking, and sightseeing.

Practical

Participation fee: € 380, not including travel and accommodation.

1-4 person studios with kitchenette for 7 nights including breakfast: € 250 – € 390.

Meals: self-prepared or eating out together.

Information and booking: yoyo@yoyo.nl or +31 622492501(WhatsApp).

