

New life vision

The art of being you!

Retreat

1- 4 November 2018



With Premleena Wettergran
at Cal Reiet Mallorca



The art of Being you !

A "yes" to life retreat.

The most rewarding investment in the world... the one to
your own inner Self ..

The art of living, loving & being you,
beyond mind, into health, wealth, wisdom, presence, love
& truth.

A moment to moment process to open up to your inner true self.
In a loving supportive and beautiful way, we stop, embrace and expand.
Connecting with yourself in this way, all your energy starts to flow in
natural healthy way...

This space within You is like the blue sky beyond the clouds... in this space
everything is possible, we find aliveness, we can relax into the river of life
and who we truly are... in this moment and on...

We learn how to be a natural true human being .. understanding your Self.
You are born as a masterpiece.... Learn to live honore that...

The retreat will be about:

MIND, what thoughts are running My life.. are they really true for me
now...?

LOVE, accepting, trusting the relationship with myself, others and life.....

BEING YOU, expand into the inner sky beyond it all.... Finding that
wisdom, love, and all that you long for, already is here waiting for me...

Trusting that!

Embraced by the NOW.. letting go, release old, clearing past that stops us
me from living and in true connection here & now...this presence is
transforming me...

When transformation happence within, the outer World follows..

As you can read in the Cal Reiet program..

The designer Coco Chanel once said:

"Beauty begin the moment you decide to be your self"...

It all starts with connecting to your inner potential.. What ever vision and longing you have in life will start to unfold when totally accepting yourself as you are.

The retreat is built on:

Guidance, transforming Osho meditations for the moderna man, Premleenas "life wheel" , breathing, resting inside, all tools to help us to get a deeper understanding and connection within... A moment to moment process, present, meditativ, loving, wild and transforming ...

Stop fighting your self and life, allow presence and the silent space within to melt all resistancethen you can truly live in harmony with the way life is ment to be..

Only your own thoughts about life can stand in your way, life it self don't Gratefully giving you the gift of finding trust in yourself, life and beyond ..!

The art of saying yes! Alowing a new life vision to unfold....

It fit's for:

All and everybody who longs for a break and a new fresh way of living... for you who feel that there is more to life than what you are living today.....for you who wants to stop and give yourself the possibility to connect and listen to your own inner voice.. and truth... For all different issues you may have ...in health, wealth or Love ... To stop for a few dags to find wisdom & loving energy .. All natural qualities that is waiting within to unfold... Love your internal world and the whole world will look different...



Where:

Cal Reiet... a pearl in Sanatany at Mallorca .. 40 min from the AirPort.
In this VERY beautiful surroundings,
Cal Reiet supports our process moment to moment with it's silent beauty,
grace, healthy food and solitude...

Price: € 995.-

3 days in dubble room, breakfast, lunch, dinners and a full on days with
transforming retreat.

Some words from earlier participants:

” A life Journey in 3 days...

The retreat suported me to come back to something important... inside of
me...something I forgot long time ago...’

”Left with gratefulness, love, trust and a much ”bigger heart”..
Feel humble to be part of this...”

”I feel so much stronger... and much more vulnerabe than ever...
I feel happy, grateful... and alive ..Happy connection with My self...
Love being aware of My own alivness....”

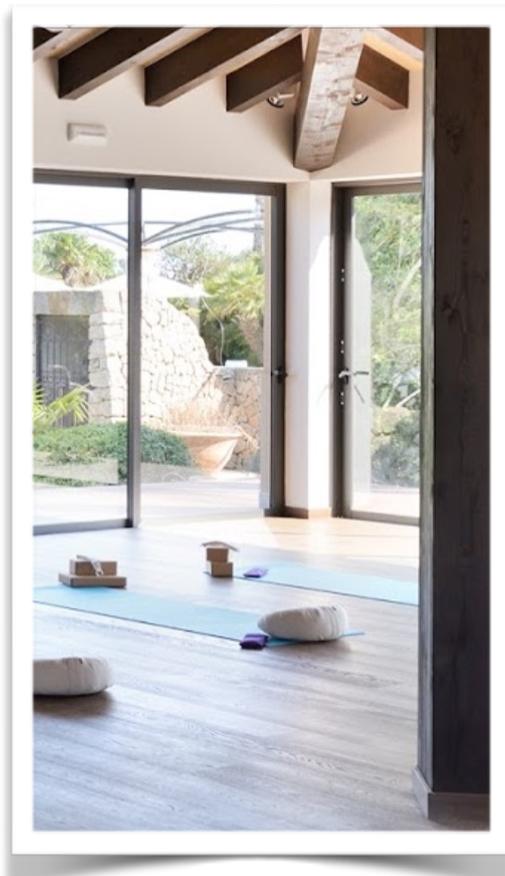
”Love all this feelings.. they are all alive in me... I can contain them...feel
free”

” I can soooo recommend this! Life changing retreat and beautiful setting!

”I felt sick before I came... leaving fully alive and Happy for ’no
reason’..”

”Witnessing My self ... feels sooo good...freedom in a box... ”

” Love to just be me”



Program:

First day starts 14.00

Morning meditation

7.30 - 8.30

yoga, body love or other meditation

-Breakfast-

10.00-13.00

Heart satsang..., opening up inner space here & now

- Lunch-

14.30-17.00

Deepening process

Breathing or other transforming awareness exercises

17.00-18.00

Osho Kundalini meditation

-Dinner-

20.00-21.30

Soft meditation or/ & healing

Last day ends with lunch 13.00



About me Premleena Lena Wettergran

I am an Osho counselling therapist since -87, reiki healing master, trained in psychology of the buddhas, the work as a tool from Byrone Katie and more.... It is now more than 30 years and 1000's of people since I started working with individual transformation, awareness and healing. Creating transforming group processes, mostly in Sweden. One is "the door opener" process... still running every month since 20 years, not by me any more.

I have been working with individuals, families, couples, companies, leaders, actors, International sport team, Swedish native people etc etc..... 1000's. We are the same and we all find all that we look for, Love, answers, energy, direction etc by turning the awareness within... the same solution for us all.

I work with all and every one that wants to rise in awareness and connect within, individuals, couples, family issues, leaders, teamwork etc.

I am author of "New life vision- the art of living"(only in Swedish so far)

After turning My awareness inside -83. I got to experience the space beyond my own story... that experience changed my whole life..

Life itself took over and I became a "follower ..." to life itself.

I am gratefully still living in that flow...

All the work I share is based on my own transformation, my own experience, in a knowing that we are all one and coming from the same source. Knowing that we are all perfect.

After my first glimpses I met Osho an enlightened mystic in India... for a few years I was bathing in his presence.. Did all meditative trainings possible... He left his body -90.

His presence never left... It is always with me ...

Welcome to an inner adventure and a life transforming experience...

To be you and live life fully...!

”You are born only as a seed. And you have to grow to the point that you come to a flowering, and that flowering will be your contentment, fulfillment. This flowering has nothing to do with power, nothing to do with money, nothing to do with politics. It has something to do absolutely with you; it is an individual progress.”
Supporting words from Osho



Love to meet you in november!

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