

New life vision

Retreat

The art of Being You!

25-28 may 2017



With me Premleena at Cal Reiet Mallorca

The best investment in the world... and the most rewarding gift, the one to your own inner Self ..

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



The art of Being you !

A moment to moment process to open up to your inner true self.
In a loving supportive and beautiful way we stop and embrace every moment.

Starting out, with the help of My life "samsara" wheel , where we came from, where we are going and how... in all areas of our life....
Connecting with yourself in this way, all your your energy starts to flow in a more true way....
This space within You is like the blue sky beyond the clouds... in this space we can relax and witness who we truly are...

This retreat will be about
LOVE, accepting your self... present, past and future
BEING YOU trusting to expand into wisdom, vision, dreams, love and creativity...
Embraced by the NOW.. clearing past concepts that stops us from living and being in true connection.

This process fits for you who longs for a break... to stop and give yourself the possibility to listen to your own inner voice.

For you that feels there is more to life than what you are living today... to get a deeper understanding/awareness beyond body & mind. Who longs for a deeper connection, to truth, love, acceptance, joy, creativity & harmony.

For all different issues you may have in life... You are welcome...
To just stop for a few days to find that wisdom, energy and love is all natural qualities waiting inside.

To practice mindfulness and presence... To recharge your "batteries"... To relate to yourself and others in a more awareness way.

To let go and drop into your inner truth, finding a new vision.

As an individual, as a couple, for you as a leader or business person that feels that you have more potential to live....

Love your internal world and the whole world will look different...

This days will "upgrade" and clean your energy on many levels...

The retreat is built on: different meditations, presence, love and awareness... in this very beautiful surroundings...

Cal Reiet supports our process moment to moment with it's silent beauty, grace, healthy food and solitude...

Your work is not to fight life, it is to silently melt all resistance so you can live in harmony the way life is ment to be



"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." Word from Osho

Program

First day starts around 19.00

Morning meditation

7.30 - 8.30

yoga, body love or other meditation

-BREAKFAST-

In silence with awareness wrihting

10.00-13.00

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

-LUNCH-

In silence

14.30-17.00

Deepening process

Breathing or other transforming awareness exercises

17.00-18.00

Osho Kundalini meditation

-DINNER-

In silence

20.00-21.30

Soft meditation or/ & healing

-SLEEP-

Last day ends with lunch

13.00....



About me Premleena
Lena Wettergran



I am an Osho counselling therapist since -87, reiki healing master and more.

For more that 25 years and 1000's of people, I have been working with individual transformation, awareness and healing. I have created transforming retreats and group processes. Mostly in Sweden... I work with individuals, couples, families, leaders, companies, sport teams etc etc

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

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

Life itself took over and I became more of a follower ...

I am still gratefully 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 comming from the same source. Trusting that we are all perfect.

With different meditations, my wheel of life, I am going to guide you step by into trust and understanding.

I am mostly known in sweden as creating Bara Varas (a well known group place in sweden) Door opening process. For many many years now, one of Swedens most successful group processes....!



When you have emptied all the content thoughts, desires, memories, projections, hopes when all is gone, for the first time you find yourself, because you are nothing but that pure space, that virgin space within you. Unburdened by anything, that contentless consciousness, that's what you are! Seeing it, realizing it, one is free. One is freedom, one is joy, one is bliss./Osho



This small life that you have got, can be turned into a paradise. This very earth is the lotus paradise./Osho

Welcome to an inner adventure and transformation...
To start enjoying life fully....
All info and registraton Cal Reiet
Maximum 20 participants

