



Sensations, heart feeling and spacious awareness

With Marianne Bentzen

October 3-6 2024

Sensing ourselves and our world is the foundation for being able to immerse ourselves in joy as well as in heartfelt presence.

We can sense tension and resignation in the body, but we also feel rhythm and arousal. We can open our senses to earth, plant life, sun, wind and rain, food and drink, sound and light – and to people and animals. In this workshop, we will drop into a finer sense of the body's flow and sensory presence in the world and into the feeling that we are part of the world, not just inhabitants of it. This is the foundation for experiencing the deeper quality of spiritual presence that permeates everything.

From there, we will work on deepening and stabilizing the feelings of the heart as the central quality in a spiritual development process.

The deeper spaciousness of the heart and the wordless knowledge of it naturally forms a gentler and warmer relationship with others. It also provides softness in your relationship with yourself and in your experience of some of the pain that you will inevitably encounter along the way.

We will also work with an immersion in our own awareness and the delicate wider spaces that open from there. This increases our sense of the spiritual presence both in our own lives and in our perception of the world around us - in the beauty as well as the pain.

Location: Fyrregården



See practical information on the next page

Location:

Fyrregården

Matolievej 14, 4573 Højby

The Fyrregården course venue has a sauna that we can use in the evenings. There are chairs and meditation equipment on site, but bring your own sheets or rent sheets for DKK 175. We are only 700 meters from Denmark's most beautiful sandy beach, surrounded by dunes and heather.

www.fyrregaarden.dk



Transportation:

Fyrregaarden is located at Gudmindedrup beach. It is 1 hour by car from Copenhagen and about 1.5 hours by train from Copenhagen Central Station. Højby station is 5 km from the farm and you can be picked up if you don't have a car. Sjællands Odde is 25 minutes by car.

Information and registration:

Tilmeld:

Tina Duelund: info@MARIANNEBENTZEN.COM

Please let Tina know if you have any allergies and if you would like a single room (first come, first served policy).

Working hours:

October 3rd at 10.00 - 6th at 13.00

Price:

For workshop plus accommodation and vegetarian food DKK 9.200 per person. Deposit is DKK 4.000.

Depending on availability, single rooms can be reserved for DKK 9.400.

Cancellation policy:

DKK 1,000 of the deposit is an administration fee, and the remaining workshop fee will be refunded if you cancel the workshop at least 14 days in advance. If canceled less than one week before the start of the workshop, the full workshop fee is due.

About Marianne



Psychotherapist MPF, author, meditation teacher.

Marianne has been providing therapy, teaching and supervising psychotherapists, psychologists and psychiatric treatment teams in Denmark and abroad since 1982. She specializes in working with the bodily and relational competencies that form the basis for emotional and conscious processes in the personality. Marianne is a co-creator of the theory of neuroaffective personality development, and her books on this and on meditation have been translated into several languages.

Marianne has meditated since 1991.



Marianne Bentzen
www.mariannebentzen.com