

Spiritual Purification and Recreation

Estonia 4 - 11 August 2019

"A deep, inner process in an extraordinary outer environment"

In the search for a real inner peace, we are limiting our possibilities if we focus only on our mind. Every human being is an integrated organism, consisting of body, emotions, mind and life energy in a continuous interaction. We also interact with other people but ultimately, we depend on the five basic elements. Earth, air, water, fire and ether are the foundation of our physical existence and can consciously be used for purification of body and soul enable to create physical wellbeing, clarity of mind and connection to your Self on a deeper level.

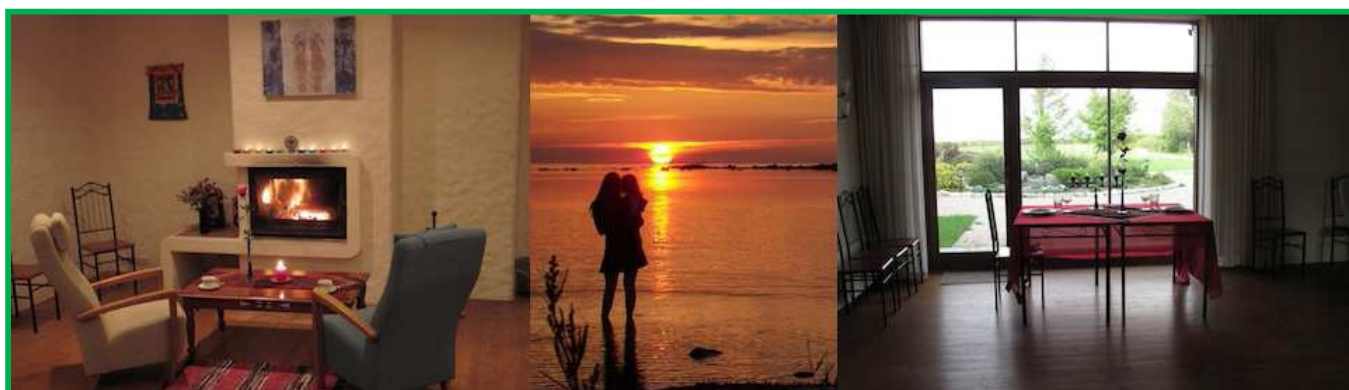


This breathing retreat was created in the early nineties in a unique and exceptional venue just outside Stockholm. For many years it was offered once every summer with participants from all over Europe coming. With change of the venue ownership the training halted for some years until I found another place with the same opportunities available. Since 2011 I started to offer this week-long retreat again when I found a new place at the Estonian west coast with all the possibilities needed.



“Algallika Guesthouse” www.algallika.ee , is located by the sea in South-West Estonia by the Matsalu National Park. Rooms are less than 100 m from the sea. This venue has over one kilometer of private shore with uncontaminated nature and coastal meadows with beautiful junipers for walking in full peace and silence. Algallika is an ideal place for this kind of training. Situated in an undisturbed nature, with beautifully renovated rooms and seminar hall, indoor pool for warm-water breathing, sauna and a beautiful fire temple, it has all the necessities needed for inner and outer purification.

Participants come from different countries. Teaching language is English. Maximum participants are only 12 for maintaining high quality. Five breathing-sessions are included, three of them in warm water. In a peaceful and beautiful environment with a spirit of acceptance and quality of presence, you are invited into a deep, respectful meeting with yourself and your life situation and releasing physical and emotional layers of tensions. From that space you can move towards realistic and sustainable changes in your life.



Price for the training is 9600 SEK (Swedish Krona) including food, lodging and all facilities. Arrive on Sunday afternoon on 4th of August and leave on Sunday 11th after breakfast. (Transportation to or from airport, harbour or bus station can easily be organized for a reasonable cost. Arrangements can also be made for those who want to come earlier or stay longer and see more of beautiful Estonia).

The number of participants is limited to 12 and **to reserve a place** you send 2600 SEK to account no. 530126-0039 Bo Wahlström, Bank Nordea, Box 365, 761 24 Norrtälje, Sweden. SWIFT number is: NDEASESS. The IBAN number is: SE31 3000 0000 0053 0126 0039. Transferring costs is at your own expense and this money is refundable only if the course is not happening. The remaining 7000 SEK are transferred to the same account latest 19th of July. I will be happy to answer any questions you might have.

In Truth, Simplicity and Love

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