



Island Retreat Weekend at Strynø in the South Fyn Archipelago 14. - 16. September 2024

Take a break, take time for yourself at the beautiful island of Strynø, where the clocks seem to go slower than in our mostly hectic all day life. Maybe you may reflect, where you actually stand in your life. Or you want to get connected to your inner compass again.

Or you still like to sit at the shore and do nothing... And let inspire you by the calmness and the magic of the South Fyn Archipelago. All is welcome at this weekend, let see what will happen.

The weekend retreat contains meditation, yoga, counseling, a silent solo time and a sweatlodge. As a group experience we invite you to share your adventures during that retreat journey with each other.

The catering will be provided by island's foodworkers who do slow food. Our base camp is Øhavets Smakke- og Naturcenter, where you can choose between different kinds of accomodation (own tent, bed in 3-bed-room).

Daffy Dvir, healing therapist, and Laurenz Aselmeier, mindfull based systemic coach, will be your hosts. Meditations, yoga and sweatlogde are guided by experienced teachers. The retreat language will be English.

Strynø

Strynø belongs to The South Fyn Archipelago. You reach the island by ferry from Rudkøbing on Langeland. Strynø is 5 square kilometers small and has around 220 permanent inhabitants, who come from 19 different nationalities. There is a small grocery, some cafés and restaurants, a lively community - and: a lot of nature, a wide and open sky, and the sea... See more information on www.strynoe.dk

Hosts and trainers



Daffy is educated as holistic therapist, combining psychology and healing together. She is full time resident at Strynø.

She has been investigating the spiritual world for many years and tries to implement it in everyday life. She has a small business where she makes herbal medicine, soaps and cosmetics alongside doing healing sessions.



Laurenz is a part time resident at Strynø. When he first arrived at the island in 2018 he got deeply touched by its unique atmosphere.

Since 2023 he oscillates between Germany, where he is working as mindfull based systemic coach and agile organization developer, and Strynø, where he finds rest and peace. He is practicing mindfulness and meditation since several years.

www.laurenzasselmeier.eu



Cecilie is an autovisual artist. She has had a meditation practice for 20 years. She has shown her art at galleries and museums around the world, and is a self-relatet artist with her own record label. Gabriel is a singer-songwriter and guitarist who has traveled the world - both as solo artist and as an accomplished guitarist playing for many famous artists. Together they have the duo Gate to Venus and the Isla-project, where they transform a farm on Strynø's North into a space for music, visual art and gourmet food.

www.gate2venus.com; www.isladenmark.com



Vanessa started off as a pianist and singer and works today as a stage director and music theatre educator in Stralsund.

Without yoga her life would not be the same. She completed her yoga teachers' training course in Rishikesh, India, in 2017 and has since then founded a yoga school and given plenty of classes.

www.vanessa-zuber.de



Jens has been living with american indians for 13-14 times across several decades dancing sundances and other related activities.

He has been leading sweat lodge ceremonies several times a month for the last 35 years, and was standing in helping Lakota medicine men. He leads traditional lakota sweats with original songs and symbols.

Retreat programme:

Friday evening	No programme, but arrival possible
Saturday morning	Arriving with ferry at 10:00 Welcome and introduction with Daffy and Laurenz, then time to put tents Counseling: What made me come to here? Yoga-Session with Vanessa Lunch at Smakkecenter from Ahn's Café
Saturday afternoon	Silent solo time to face the questions: Where do I stand in life? What call do I hear? Counseling with Daffy and Laurenz: Sharing solo-time experience
Saturday evening	Dinner at Smakkecenter Soundbath meditation with Cecilie and Gabriel Closing the evening at bonfire and singing circle songs
Sunday morning	Morning Yoga-Session with Vanessa Meditation „My house of a good life“ with Laurenz Brunch at Smakkecenter Introduction to the meditative walk with Daffy (questions, map)
Sunday afternoon	Meditative walk to Sweatlodge Introduction to Sweatlodge with Jens Sweatlodge with Jens
Sunday evening	Diner at Smakkecenter Sharing experiences of the retreat Bonfire, circle songs
Monday morning	Breakfast and departure

Costs

Retreat: DKK 2300 (ca. EUR 300) incl. catering (2x dinner, 1x breakfast, 1x brunch, 1x lunch), plus accomodation as chosen

Own tent/night: DKK 100

Bed in 3-bed-room/night: DKK 150 (own linnen)

Important information

When you open yourself to inner processes, it could happen that you you might get in touch with inner pain points. Because of that you should be in a mentally stable condition, if you like to participate in the retreat. If you are not sure, please contact Daffy and Laurenz before booking.

A sweatlodge is a ceremonious sauna and as women in menstruation are in an inner ceremony, they cannot participate. We then find another programme for you.

We serve vegetarian/vegan food. There will be all the time fruits available.

For further information and booking please contact

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