ENLIGHTENMENT INTENSIVE

The Joy of Knowing Yourself

26 - 30 December 2027

Wolfshof, Simonswald, Black Forest, Germany
with Kjell Gustafsson



There are moments in life when something deeper calls.
A quiet invitation — not from the outside, but from within.

An invitation to slow down, to listen, and to remember what is true beneath all the layers of doing, becoming, and effort.

This retreat is a response to that call.
In the stillness of winter, surrounded by the deep nature of the Black Forest, we come together in a quiet setting to look more deeply into our own experience.

The Enlightenment Intensive is not about learning more concepts or improving yourself. It is a unique retreat format in which deep self-inquiry meets silence, presence, and genuine human contact.

At the heart of the retreat are dyads — a structured two-person practice that combines contemplation and communication in a precise and powerful way. In the dyads we explore a fundamental question such as “Who am I?” through direct experience, rather than through theory, analysis, or belief.

No philosophy is taught. No belief system is offered. Instead, the retreat provides a clear and supportive structure that allows each participant to look into their own experience — again and again — until something real begins to reveal itself.







What is an Enlightenment Intensive?

An Enlightenment Intensive is a retreat format that combines deep self-inquiry with direct human encounter.

At its core are the classical Enlightenment Intensive dyads, a specific two-person practice developed by Charles Berner. They are not sharing exercises or therapeutic dialogues. Their sole purpose is to support direct consciousness of the Self.

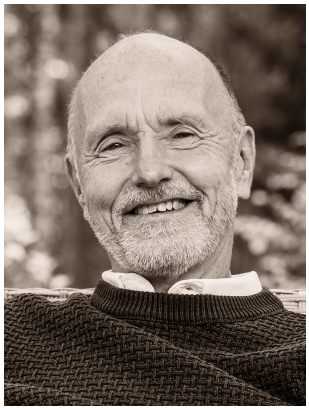
In each dyad, one person contemplates a question such as “Who am I?” and communicates whatever arises from that contemplation. The other listens attentively, without interruption, analysis, or interpretation. Then the roles change.

The aim is not discussion, self-improvement, or the exchange of ideas. The aim is direct experience.

Silence outside the dyads and a clear daily rhythm create a protected environment that supports depth, focus, and presence. Many participants describe the process as both very simple and very powerful, and speak afterwards of a new sense of clarity, freedom, joy and aliveness.

In a quiet environment and within a well-held structure, this retreat offers the possibility to meet yourself and others in an immediate and genuine way. There is nothing you need to achieve. What is needed is only a willingness to be present and open to whatever arises.

Whether you already know dyads and Enlightenment Intensives, or whether this is your first time, you are warmly welcome.



Your guides

The retreat is guided by Kjell Gustafsson, who has been walking this path for more than two and a half decades and leading Enlightenment Intensives since 2017. Participants often describe his way of working as steady, clear, warm, humorous, and deeply respectful — a presence that supports transformation without pressure.

Link to Testimonials



Biggi Uihlein has worked with personal development through Shiatsu since over 25 years. She has also been involved in meditation practices and attended several Enlightenment Intensives both as a participant and as an assistant. She will assist during the retreat. Participants describe her as a calm and grounded presence with a great ability to lead people through the process.

Link to website

Organisational details







Dates	26 – 30 December 2027
Location	Wolfshof, Simonswald, Black Forest, Germany
Arrival	26 December, from 16:00 Opening at 18:00 with dinner
Departure	30 December, 12:00, after integration dyads and cleaning up
The retreat includes	1 starting evening 3 full dyad days 1 closing morning Movements, meditation, dyads, walking contemplation in nature, breaks, and quiet time
Digital break	No WiFi and no mobile network — a real opportunity to step out of everyday life.
Language	The retreat is held in English. Basic English is enough, and bilingual support is available. Dyads can be done in English or German.
Accessibility	The Wolfshof has some stairs and is not fully accessible for wheelchairs or reduced mobility. If you have physical limitations or special needs, please contact us — we will be glad to explore together what is possible.

Accommodation & meals

- Simple shared rooms in a quiet and beautiful environment
- Vegetarian, organic full catering included
- Single rooms: available in limited number for an additional fee of €120 (for 4 nights)

Contribution & registration
Participation fee (self-assessed): €680 – €950
Includes course, accommodation, and meals.

Early bird: €580 — valid for the first 5 participants.
If the contribution is a barrier for you, please get in touch. We will do our best to find a solution together.

Registration & questions
Please email: birgituihlein@googlemail.com

Arriving before the retreat
If you wish, you are welcome to book a treatment or coaching session on the day before the retreat begins. This is a beautiful way to arrive more deeply within yourself even before the retreat starts and to prepare for the experience ahead. The following sessions are available by advance booking:

- Shiatsu treatments with Birgit Uihlein
- Individual coaching sessions with Kjell Gustafsson
- Four-hand treatments with Birgit Uihlein and Kjell Gustafsson

As the number of appointments is limited, we kindly ask you to book these sessions in advance.

For more information, please visit:
Shiatsu: www.shiatsuinfreiburg.de
Coaching: www.kjellgustafsson.com

Enjoy your time in Freiburg
You may wish to extend your stay and spend a few extra days enjoying Freiburg and its beautiful surroundings. It is a wonderful place to relax, explore nature, and simply enjoy time together. With the Freiburg WelcomeCard, you can travel free on buses and trams for three days. It also includes admission to many museums and a round-trip ride on the Schauinsland cable car.

With warmth and gratitude,
Biggi and Kjell

