

# A Weekend Retreat in Freiburg

## Exploring What You Truly Are – Beyond Personality

It is a great pleasure for me to invite you to a retreat at **Haus der Erde**, a quiet and beautiful place just 20 minutes from Freiburg City.

This weekend is for those who feel a genuine curiosity to explore **who they are beyond roles, stories, and personality**— not as a theory, but as a lived experience.

This weekend invites a direct and grounded exploration of awareness, supported by body-based practices that nurture clarity, presence, and inner stability.



## What This Retreat Is About

The heart of this retreat is **self-inquiry** — a simple yet precise way of looking that allows us to recognize our true nature beyond habitual identity.

Rather than trying to improve the personality, fix problems, or adopt new beliefs, we explore **what is already here**, beneath conditioned patterns.

Many people discover:

- a deeper sense of inner freedom
- greater emotional stability
- clearer perception in relationships
- less reactivity to thoughts, emotions, and other people
- a more natural sense of ease and authenticity



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## How We Work

### Self-Inquiry

We use a specific, well-tested self-inquiry technique originating from the Enlightenment Intensive tradition. The inquiry is direct, experiential, and guided carefully — no prior experience needed.

### Breathing Exercises

Conscious breathing practices support the inquiry by helping the nervous system relax, releasing stored tension, and allowing deeper patterns to surface and resolve naturally.

### Movement

Gentle yoga-inspired movements help the body stay open, grounded, and present during longer periods of inquiry and sitting.

### Guided Meditations

Short, precise meditations that support clarity, self-observation, and the ability to meet experience as it is — without judgment.

### Silence

Between the different activities, we will observe **Noble Silence**.

This means no use of mobile phones and no communication between participants during these periods. Noble Silence supports deeper relaxation, clarity, and the ability to stay connected with one's own experience without distraction.

For practical matters, there will be a **contact phone number** available for people outside the retreat who need to reach you. This phone will be monitored, so you can fully relax and be present during the retreat.

## Effects and Integration

Common effects reported by participants include:

- increased self-understanding
- greater understanding of others
- a calmer, clearer mind
- less emotional reactivity
- improved relationships and overall well-being

This retreat is designed to be **deep yet integrated**, allowing insights to land in everyday life — not just during the weekend.

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## Practical Information

### WHERE

Haus der Erde

Address: Dietenbach 1, 79199 Kirchzarten. Directly next to Gasthof zum Rössle (blue house)  
(About 20 -30 minutes from Freiburg city)

<https://www.erdbewegung-ev.org/>

### WHEN

Date: April 17–19

### Times:

Friday: 18:00 – 21:00

Saturday: 08:30 - 21:00 (8:30 - 9:15 breakfast included for everyone)

Sunday: 08:30 - 16:00 (8:30 - 9:15 breakfast included for everyone)

Saturday and Sunday **7:15 - 8:15**

For participants staying overnight, there will be **morning yoga before breakfast**.

It is also possible to arrive earlier and join the yoga session from **7:15 - 8:15**, even if you are not staying overnight.

### LANGUAGE

The retreat will be held in English. Questions in German are welcome.

### FOOD

Friday evening: light snack

Saturday: breakfast, lunch, dinner + snack

Sunday: breakfast and lunch

All food is vegetarian, ecological where possible, and prepared with love and care.

## Retreat Leader

### Kjell Gustafsson



Kjell is an experienced retreat leader with a long background in **self-inquiry, Enlightenment Intensives, breathwork, and yoga**.

He has led and co-led numerous retreats internationally and is known for a **clear, grounded, and warm approach**, combining depth with human simplicity.

His guidance emphasizes **direct experience over theory**, presence over concepts, and honesty over techniques.

Biggi Uihlein will be present throughout the retreat, offering attentive support and assisting with translation.

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## Price & Accommodation

### RETREAT PRICE

Early Bird for the first 5 that book: **€300** until March 15

Regular Price: **€350**

### ACCOMMODATION

Dormitory: **€30 per night**

It is also possible to **stay at home** and come for the daily program.

## Registration & Contact

To register for the retreat or if you have any questions, please contact:

### Email:

*Birgit Uihlein (Biggi): [birgituihlein@googlemail.com](mailto:birgituihlein@googlemail.com)*

### Early Bird Deadline:

*March 15*

### Website:

[www.kjellgustafsson.com](http://www.kjellgustafsson.com)