

5-Day Retreat in Puglia

A warm journey back to yourself in the heart of Southern Italy

What if, for a few days, there was nothing about you that needed to be improved?



September 30 - October 5 | Trulli, Cisternino, Puglia, Italy

With Kjell Gustafsson and Biggi Uihlein

A Space to Simply Be

Amid ancient Trulli houses, wild olive groves, and the quiet beauty of Southern Italy, you are invited to step out of constant doing for five days.

Perhaps you know the feeling of always needing to achieve, understand, heal, or improve. Even meditation can quietly become another task on the list.

This retreat offers another possibility: to pause, to listen, and to discover what is already here beneath the effort.



How We Work

The retreat is rooted in the Dyad method of the Enlightenment Intensive, supported by breathwork, meditation, gentle movement, work meditation, and time in nature.

It is not about becoming someone better. It is a direct, human exploration of what is true - in yourself, with another, and in the present moment.

What May Begin to Unfold

- More peace and inner spaciousness
- A softer relationship with yourself
- More real connection with others
- Less self-criticism and fear
- A quiet knowing that you are already complete, just as you are

Meet yourself. Truly see the other.

Where judgment ends, connection begins.



Retreat Rhythm

- Arrival evening
- Three full retreat days
- Daily Dyad and breathwork sessions
- About one hour of work meditation each day
- Integration day with time for reflection, nature, and rest

Practical Information

Location	Nearest airports	Dates
Trulli, Cisternino, Puglia, Italy	Brindisi (BDS) and Bari (BRI)	September 30 - October 5
Language	Contribution	Meals
English. Dyads may be done in another language when both partners speak it.	Sliding scale: EUR 750 - EUR 850	Full board included. Balanced vegetarian-friendly meals, prepared with care and local ingredients.

Accommodation

The Trulli retreat house has 8 beds. There are also simple, quiet accommodation possibilities nearby or in nature:

- Large shared tent
- Bring your own tent
- A nearby house may be rented together by up to four participants, about one minute away



A Special Invitation This Autumn

After the Kenya retreat had to be cancelled, this Puglia retreat became a beautiful opportunity to gather again before the next Enlightenment Intensive in Germany in December.

Registration

Minimum of seven confirmed registrations by July 30

Organising a retreat of this kind requires early planning, and this also gives everyone enough time to arrange flights and travel.

If you feel called to join us, or if you have any questions, please get in touch by July 30. To book your place or for questions contact: birgituihlein@googlemail.com



Facilitators

Kjell Gustafsson is an experienced retreat leader with a 25-year background in self-inquiry, Enlightenment Intensives, breathwork, yoga, and transformative coaching.

More about Kjell: kjellgustafsson.com

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

**Welcome,
Kjell and Biggi**