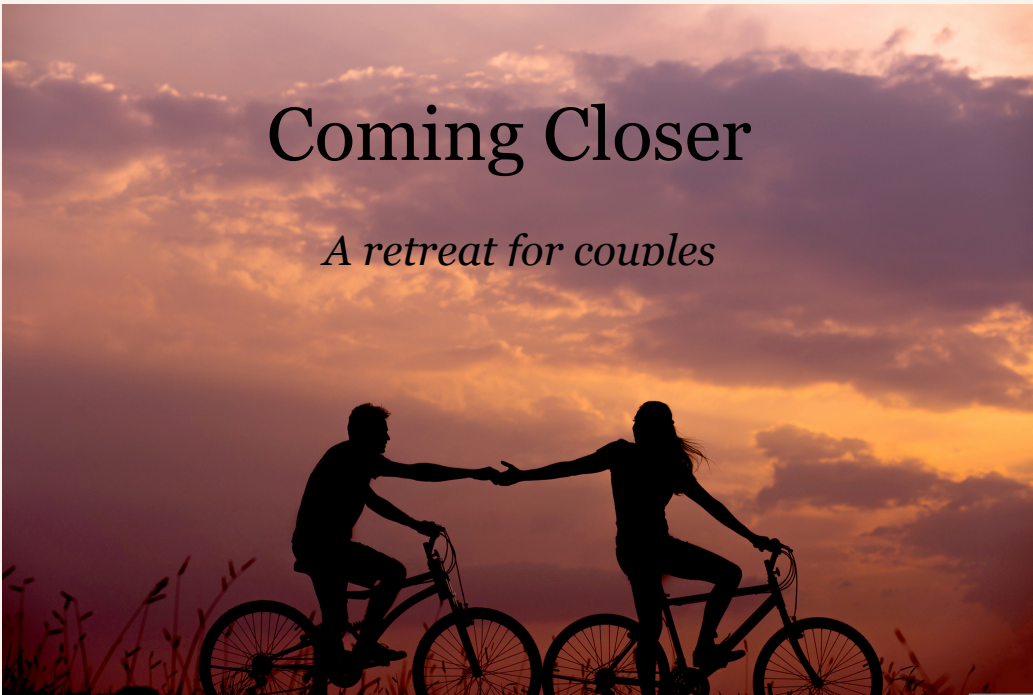


Coming Closer

A retreat for couples



A retreat for couples who want to understand each other more deeply, soften old patterns, develop a vibrant and conscious relationship and come closer again.

Mar 26 – 29, 2027

Place:	Freiburg / Haus der Erde
For:	Couples
Food:	Organic vegetarian meals
Accommodation:	Limited rooms available
Booking / Questions:	birgituihle@gmail.com

In every relationship, differences appear.
One may need closeness while the other needs space.
One may want to talk while the other becomes quiet.
One may feel hurt, while the other feels blamed or misunderstood.

Often the problem is not the difference itself,
but what happens inside us
when we meet it.

During this retreat, you will have space to slow down, listen,
and look beneath the surface of your reactions.



What we do

Through guided inquiry, meditation, body awareness, and structured exercises, you will explore yourself, your partner, and the patterns that arise between you.

Some exercises are done together as a couple.

Some are done in the group.

Some are done with other participants, without your partner.

This gives you the possibility to see yourself more clearly, not only inside the relationship, but also in how you meet others.

The retreat is not about fixing each other or becoming the same.

It is about understanding what is really happening, taking responsibility for your own inner world, and meeting your partner with honesty and openness.

When we begin to see ourselves more clearly, we can listen with less defence.

When we understand our own fear and longing, we blame less.

When we dare to be real, love can become more alive again.

This retreat is for couples who want to deepen their connection, understand their differences, and find a more conscious, loving way of being together.

RETREAT LEADER

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

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.

Additional Information

Food

Throughout the retreat, you will be served mainly organic and vegetarian meals, lovingly prepared with care.

Coffee and tea will also be available throughout the retreat.

Noble Silence

Outside of the guided sessions and exercises, we will observe noble silence. This creates a supportive space where your experience can settle, allowing you to meet yourself and each other more deeply.

Language

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

Times

Check-in	12:00 - 13:00	Mars 26
Lunch	13:15	
Ends at	16:00	Mars 29

Follow up Zoom - date to be decided

Price

Per person 450 € (meals included)

Accommodation

There are three rooms available directly at Haus der Erde, each accommodating one couple. Two of the rooms are separated only by curtains.

The price for accommodation at Haus der Erde is €60 per couple, per night.

Address: Dietenbach 1, 79199 Kirchzarten, about 20-30 minutes from Freiburg city.

Directly next to Gasthof zum Rössle (blue house)

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

Alternatively, there are several hotels and private accommodations within a five- to ten-minute walk. If you need assistance, we will be happy to help you find a suitable place to stay.

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.

Book your place

Send a message to Birgit: birgituihlein@googlemail.com



**Welcome
Kjell and Birgit**