



**Xin Dao Retraite Centrum** is born from a long term dream from Bernhard en Janet to give people a place to come to rest and closer to oneself.

Next to the possibility of an individual retreat we offer a **5-day course**:

### **EXPERIENCING THE 5 ELEMENTS**

The course is for those who want to discover new possibilities in oneself

You often repeat the same patterns because it gives a feeling of 'stability and safety'. These patterns consist of personal preferences, interesses, talent, education, and experiences. They decide how you live your life, what choices you make and what you want to achieve.

It is possible you have enough of ending up in the same emotions or situations and have to solve the same kind of problems. The same for patterns of disease which manifest themselves mostly in a similar way.

May be you long for a feeling of inner freedom which can give more choices and perspectives.

Or maybe you want to (further) confirm that what is innate/intrinsic in yourself, so you can get the experience to stay more true to yourself

### **What we can offer:**

From our background we have composed a program in which we will explore the 5 elements from the Chinese Philosophy. We 'work' with a group of 5 people.

The concept of the 5 elements is based on an aspect of the Chinese Philosophy, where each element is connected to a meridian system, aspects of the climate, aspects of the body, diet, and a personal temperament. Everybody has the tendency to function from a certain temperament, which is innate there and which is created due to outer circumstances. And intrinsic there is the possibility for everyone to live from all the 5 elements.

By recognizing which element/temperament is dominant in your life, you can start to examine how this is related to other temperaments. You will start to understand your reaction to the outside world (emotional and physical).

When this gets clear, you can choose to shift to another temperament, and you will change your perspective and your reaction on the world around you.  
This is the same for the patterns that can eventually create disease.

During the week we will each day explore a specific element. We composed a program that will let you *experience the elements on different levels of being.*

The days will be filled with movement, meditation, reflection, play, experiencing and ceremony. We draw from a range of experiences and possibilities from our Daoistic, Shamanistic background. And of course, there is delicious food, a beautiful environment and wonderful company.

### **What do you take home**

At the end of the week, you have gained more insight and understanding of the temperament that is dominant in your life. And you have been given tools to 'play' with this, as well in your private life as in your work.

### **Where you will be staying:**

Our apartment has 2 sleeping rooms, both with 2 single beds. Downstairs is a comfortable sleeping sofa, if all the participants want to stay together in the apartment.  
Do you need more time alone there is the Yurt, with own bathroom and toilet close by.

You can use the jacuzzi and the heated swimming pool (the last one only from April till October)

Arrival Sunday 16.00, there will be a welcoming meal waiting for you.  
Departure Saturday after breakfast.

### **Price:**

€ 1250,-

€ 200,- for the food

### **Location:**

Lieu dit Belloc

32450 Semezies Cachan

Departement Gers

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We are looking forward welcoming you here  
Janet & Bernhard