

# Inner Peace Inner Power

Friday 9 June - Sunday 11 June 2017

## *Meditation Retreat for Busy People*

*“To survive and thrive in this turbulent world we need peace and power. Not just the peace that is absence of a few worries, and not power that is political or used to control others.*

*This is Inner Peace and Power; the type that makes one comfortable in the face of challenge; the peace and power that comes from a deep inner contentment”.*

Perhaps the greatest need of our time is to return occasionally to solitude and silence, away from the continuous activities of human doings, to see what it is like to be a human being! This is also a journey away from outer distractions towards the tranquillity and peace which lies at the core of our being.

One method people have been using for thousand of years to cultivate their inner light is the practice of retreating; withdrawing for some time from worldly activities and responsibilities. Often seeking places of natural beauty, the retreator aims to restore harmony within the soul through reflection, meditation, contemplation, and harmony in the body through fresh air, exercise and healthy nourishing food. Once equilibrium is restored, the individual is then ready to return to their life's role with deeper insight, clarity, renewed energy and enthusiasm.

### **Retreat Facilitators:**

**BK Linda, UK,** co-ordinates the activities of the Brahma Kumaris in the south of England. She has been a student and teacher with the Brahma Kumaris for the past 34 years and runs deep meditation experience retreats around the world, she recently co-facilitated a Silence Retreat in India for over 100 people. Linda has a passion for world peace and understands that lasting peace can only come from a change of heart and attitude.



**Dr Astrid Bendomir,** Teacher of Mediation who runs the Brahma Kumaris activities in the north of Scotland. Astrid is a busy professional running her own clinic Assured Occupational Health. She has deep practical insight into how to maintain the balance between “inner peace and inner power”.



**Retreat Venue  
Ferme du Château  
Rue de la Ferme 3  
5575 Malvoisin  
(Gedinne)**

Situated in Namur Ardennes, near the French border, Dinant & Bouillon. Malvoisin is surrounded by meadows and forest.



**For Further Information**

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[www.brahmakumaris.be](http://www.brahmakumaris.be)