

Scandinavian Summer Camp for The Work 2019



A 5-day immersion into the Work of Byron Katie

Facilitated by Certified Facilitators: Ernest Holm Svendsen, Helena Montelius and Nayano Skaaning

Dear Friends!

We are happy to announce that we are arranging our second 5-day Scandinavian Summer Camp for The Work in southern Sweden on August 21st – 25th 2019, and you are invited!

Question your stressful thoughts

Join us on a 5-day journey to deepen our awareness and free ourselves from identification with our stressful thoughts. Let's vitalize our practice of inquiry, connect with each other through kindness of our loving hearts and experience the power of The Work in action as we question our beliefs and open to new depths of peace, joy and freedom in our lives. Whether you are a newcomer or experienced in The Work, you will find suitable workshops and training sessions to explore The Work with Certified Facilitators and experienced members of The Institute for The Work.

We'll start our days with a silent walking practice; "The Morning Walk" before breakfast. (There will also be Yoga for the real early risers.) During the day we will offer workshops on different topics; supporting the deepening of your practice and how to use inquiry in specific areas in life. Evenings are open for sessions of different sorts, music, movement, silence, rest and special offerings from staff and participants, or maybe just to hang out with friends or take a sauna.

All languages and experience levels are welcome

The camp is for everyone interested in The Work, beginners and experienced practitioners alike. The general language will be English and when we work in groups or in pairs, we will speak whatever language works for all. We also offer support for translation into Swedish, Danish and Norwegian – please contact us if you require this.

Healthy food at a beautiful, tranquil venue

We have found a place in the heart of Scandinavia, Mundekulla, which some of you might know already. It's an amazing venue with peaceful, rural surroundings, great food, a gorgeous sauna and a lake to swim in. We will serve healthy vegetarian/vegan meals, most of it organic from a nearby biodynamic farm. The meals include breakfast, lunch, afternoon tea and dinner. Mundekulla offers pleasant rooms with comfortable beds. Some have private shower and toilet – please see the options for accommodation below.

Easy travel

Mundekulla is located a 10 km outside Emmaboda in southern Sweden. It's easy to travel to Emmaboda by train from all over the country. From Copenhagen there is a direct train and the journey takes about three hours, from Stockholm the journey by train takes about four hours and from Oslo 8 hours. You can find detailed travel information on our website: www.scandinavianthework.com

Dates

We start Wednesday, August 21st at 13.00 and end Sunday, August 25th at 15.00.

Prices

The prices for participating in the training, workshops and other curriculum are listed below. The prices include food and accommodation. The following options are available:

A) Single room (per person all days)	7 700 SEK/ 5 750 DKK/ 7 100 NOK
B) Shared double room (per person, all days)	6 900 SEK/ 5 150 DKK/ 6 400 NOK
C) Shared room 4+ people (per person, all days)	6 700 SEK/ 5 000 DKK/ 6 200 NOK
D) Alcove / Caravan / Tent	5 500 SEK/ 4 100 DKK/ 5 000 NOK

We offer an Early Bird discount: book before May 5th and receive a **discount of 1 000 SEK/ 750 DKK/ 920 NOK** (i.e. deduct 1 000 SEK from the prices above if you book and pay the deposit before May 5th).

How to book

You book by registering on www.scandinavianthework.com and paying a **deposit of 1 000 SEK/ 750 DKK/ 920 NOK**.

The final payment is due on July 22nd (30 days before the Camp starts). Payment options are PayPal or bank transfer to either a Danish or Swedish bank account, for Norwegian friends please talk to us for the best option. There will be a **cancellation fee** of 500 SEK/ 375 DKK/ 460 NOK if you cancel your booking. You will find all the information you need on the website www.scandinavianthework.com. Please note that some accommodation options are limited, so make sure to act soon if you want to ensure the type of accommodation you prefer.

More information

The Summer Camp is arranged by the non-profit *Scandinavian association for The Work of Byron Katie*. We are a volunteer group of passionate people who have experienced the benefits of The Work in our own lives and we are enthusiastic to make this Summer Camp come alive to share similar experiences with you. Any profits will be used to arrange next year's camp.

You can find more information about Mundekulla, travel options, payment options and more at www.scandinavianthework.com

We have a Facebook group for connection too

<https://www.facebook.com/groups/ScandinavianSummerCamp/>

Certification Credits

For those of you in the Certification program to become certified facilitators, this Camp will give you 24 Credits Hours. These are valid for 2 years if you sign up later.

Questions

Please let us know if you have any questions and we are happy to assist. Simply send an email to: summercamp@scandinavianthework.com



We look forward to seeing you at Mundekulla!



The organizing team

Anette Ronæss, Charlotte Rosenberg, Ernest Holm Svendsen, Helena Montelius, Nayano Skaaning, Peter Larsson, Maria Paz Acchiardo, Marie Foxman Gustafsson, Melihate Dragoshi and Torun Tornesel