

*Do you dare to go beyond your self? To a new notion of reality, a new truth, that might change the world as you know and experience it right now?*

*Where everything you thought to be true, about yourself or about the world, no longer gives you a sense of control, but gets lost along the way...*

To all the challenges we face as an individual, the solutions also lie at the level of the individual: you! In order to meet your 'self', you need to dig deeper, go beyond cultural conditioning, other people's opinions, and your own distorted beliefs that you have inherited from your personal past. But forget the traditional sessions of talking about the relationship with mothers and fathers, however important, we start beyond that.

Beyond Self is a 5-day intensive retreat designed to deeply question, observe and openly look at the story you created about yourself - with the sole purpose to get you beyond everything you thought to be true about who you are. This program intends to truly bring you a level deeper: down the rabbit hole! You will be guided in simple but proven exercises that produce astonishing insights and deeply satisfying life changing results. Nobody can do it for you, you need to be committed to dive in and take the risk... to lose everything as you know it now...

***Beyond your self-concepts lies a world of freedom!***

# Beyond Self



Questioning your self-construct through...

little theory, mostly practice  
self enquiry  
hardcore contemplation  
reflective writing  
body work  
solo, partner and group exercises

What to expect?

- We encourage you to break through the walls you have set up in your mind, with power and love.
- We intend to attack your bullshit stories and self-concepts.
- We are not there to hold your hand, but to hold space to get you through you.

The retreat will take place at a comfortable location set in nature (max 4hrs drive from Utrecht). We charge cost price for accommodation and catering services. We charge no initial fee for the program and facilitation, but leave it up to you to determine its value at the end of the week: *pay as you wish.*

For more information, upcoming dates or to subscribe please email [eveline@flyingelephants.nl](mailto:eveline@flyingelephants.nl) or [roderik@flowsessions.com](mailto:roderik@flowsessions.com), or check the website [www.flyingelephants.nl](http://www.flyingelephants.nl)

## For who?

- This is for those who dare to go deep, who dare to go beyond.
- This is for those who are curious, open, observant, and willing to learn any lesson about themselves.
- This is for those who dare to experiment and are truly committed to their personal growth.
- This is for those who see the humor in a journey like this. It is serious business, that we shouldn't take all that serious...
- This is not for people who experience strong psychological challenges at the moment, this is not a therapy setting.
- This is not for the faint-hearted or saboteurs who are not up for the challenge of having a true meeting with themselves

## Why join?

- A guaranteed step or shift in self-awareness, with the risk of a complete beyond self experience
- A deeper understanding of who you are, and which patterns now govern your life
- Techniques how to shift away from limiting mental and behavioral patterns
- Improved effectiveness in daily life
- Personal clarity enabling improved connections and communication with others
- Enhanced sense of peace, space and direction in your life

