

Bevissthetsstur til Helgelandskysten Helgeland coast 14 - 18 August 2022. 9 life energies - 9 keys to a richer life



This Five-Day Consciousness Trip spans from Sunday to Thursday morning August 14 to 18. The price includes hotel, breakfast, dinner, seminars and tours. Price of the Five-Day Consciousness Trip is NOK 9900 (approximately \$950.US) per person in shared double-room. Price NOK 13990 (approximately \$1478.US) per person in single/double-room.

Lunches are not included and can be ordered in advance at the hotel or at the local grocery store. The hotel's packed lunch (sandwiches) is NOK 129 (approximately \$13.70.US). Two course lunch is NOK 275 (approximately \$29.US) Again lunches must be preordered one week in advance. Information for ordering lunches will be provided after registration for the trip.

We will stay at the island of Lovund. From here we will climb the mountain after a morning-meditation. We will also visit the islands of Træna and Sanna on day trips. Mornings and afternoons there will be seminars on the 9 Life-Energies. Accommodations have been arranged at the Lovund Hotel, known worldwide for culinary excellence and panoramic views. The hotel owners built a fantastic conference and meeting facility that fits for our style of seminar with meditation and movement-practices. At Lovund we will practice, train, explore the sea and islands, and eat the freshest seafood meals. As a native Helgelending, who has travelled this land of a thousand islands for many years, I can say that this area is the center of culture, food, nature and soulful experiences on Helgelandskysten. It's a short walking-distance to white beaches and only twenty-five minutes by boat to Træna and Sanna.

Travel to Lovund is not included in the program cost. Those outside of Norway may want to fly into Oslo or another city in Norway and from there to Bodø. Here is a link for ways to travel from mainland Norway to Lovund: <https://www.lovundskyss.no/en/v%C3%A5re-b%C3%A5truter-1>

Depending on where you are departing from, you may be traveling by air or train to Bodø, Norway. Please make sure you arrive in Bodø by 2.00 PM on August 14, 2022. There are boat services departing from Bodø to Lovund. The journey takes five-hours. You can also travel to Bodø by boat from Sandnessjøen, Nesna, Stokkvågen, Onøy, Nord Solvær, Sleneset, Lovund and Træna.

The Program Outline (Subject to change depending on weather.)

August 14th Sunday – Dinner at 8 PM. Three-course dinner with presentation of the menus and hotel by hotel-director/owner Sivert Olaisen. Thinking of the taste of Lovund, I think about fresh food reaped from the ocean surrounding Lovund. We thank local producers who work every day maintaining the food-culture in the area of northern Norway. Their inspiration comes from the Nordic kitchen. The chefs competence and engagement is reflected in their menu. The result is a Lovund menu based on local, northern and traditional food, developed and colored by the native people.

August 15th Monday – Seminar whole day. We wake up at 6 AM, meditate, and go out to swim in the ocean. Then have breakfast before entering the seminar. Lunch 12 to 1 PM (pre ordered) After lunch we take a walk before continuing the seminar until dinner at 7 PM. In the evening there will be a presentation of life-energies while relaxing and enjoying an interesting and enlightening evening.

August 16th Tuesday – We wake up at 6 AM, meditate outside by the ocean, take a swim, and have breakfast before entering the boat to Travel to Træna at 10 AM. Packed lunch must be ordered. Dinner at 7 PM. We will enjoy the roof-deck and the view if the weather allows.

August 17th Wednesday – We wake up at 6 AM, meditate and swim in the ocean. Seminar in the morning. Lunch at 12 PM followed by a local walk in Lovund. Probably packed lunch. Then we will have a nice breakfast before entering the seminar. We continue the seminar in the afternoon until dinner at 7 PM. At 8 PM we dive into the book, 9 life energies. From 6 to 10 PM there will be an open bar in the glass room on the roof-deck. There we will enjoy the view of the coastline including Trænanbanken.

August 18th Thursday –Breakfast in the hotel or pack the hotel breakfast for travel, according to your plan. Departure between 6:30 and 10 AM depending on your journey.