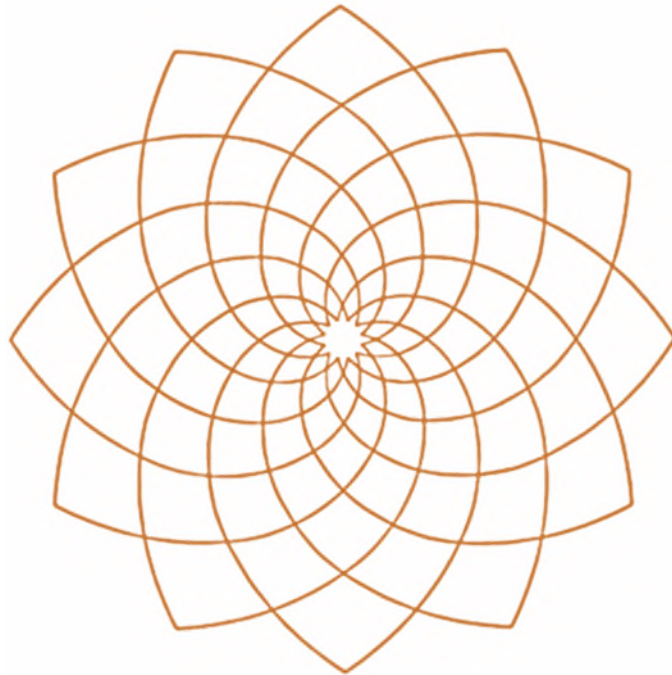


July 15 - 22, 2019

Summer Meeting at Singhofen

with

*Margit Martinu, Stefan Maier, Coen van Hoboken,
Susann Arbogast, Richard Clemens
and the Singhofen workgroup*



Why are we here?

We will share a space together in which we can face this fundamental question unifying all mankind.

In our accelerating daily routine and the way we have arranged our lives we usually cannot find to this question any more. We let us distract by the increasing complexity of our daily life and seem to find our significance in dealing with it.

How can we regain the responsibility for our lives?

The technique of self-observation can serve us to uncover our status quo and to do an evaluation. Different methods of studying life open our view to recognize how we arrived where we are now.

Practicing to direct attention intentionally and relaxation of our bodies are just two examples of the work on basic skills which are necessary to see our status quo, to perceive our biography as well as to accomplish our “why-am-I-here.”

During our meeting we practice in different practical work areas: Gurdjieff Movements, music, Inner Body Perception, cooking, gardening, maintenance and other manual and craft activities. We will meet for group work, sharing of experiences, readings and talks.

*He who has gotten rid of the disease of “tomorrow”
has a chance of achieving what he is here for.*

G.I. Gurdjieff

„Why are we here?“ is this year’s focus of the Singhofen workgroup meeting once a week and monthly for 3 to 4 days. People from around have the possibility to participate as a guest in the weekly meeting.

Who wishes to prepare for the summer meeting is appreciated to participate in one or more monthly meetings taking place before July.

For questions please send an e-mail to welcome@susann-arbogast.de

Organization and contact:

Susann Arbogast

welcome@susann-arbogast.de

phone: 0049-2604-9525 482

Schedule:

Beginning on Monday 15th July at 6 pm and ending on Monday 22nd July at noon.

Accommodation:

Haus Sonnentanz offers simple accommodation in double rooms and community bathrooms. 20 Euro night/person, 18 Euro when you bring your own bed sheets.

There are also some rooms possible to book in the little hotel *Alte Post* just across the street. There is one double room with two separate beds and two double rooms with full-size beds left. 25 Euro night/person

Food: vegetarian/vegan of organically grown food, 140 Euro.

For our planning please indicate early, so that we can respect food intolerances.

Arrival and address:

Haus Sonnentanz
Susann Arbogast-Clemens
Richard Clemens
Hauptstraße 50
56379 Singhofen

On Monday your arrival at Haus Sonnentanz is possible after 1 pm.

Phone on day of arrival: +49-2604-9525 480 or +49-177-7459 458.

Singhofen is located at the Bäderstraße B 260 between Wiesbaden and Koblenz.

From Wiesbaden it is a 45 minutes drive by car.

For participants taking railway the best station is Nassau at Lahn. From there we will arrange to have you picked up. If you will talk early enough to us there may be also a possibility to give you a ride from Wiesbaden.

What to bring:

Weatherproof clothes, shoes and working gloves for practical work outside, slippers to use in the house, slippers for easily crossing the yard (we will be in different houses), for the movements loose and moving-friendly clothes, dancing/gymnastic slippers (please no black soles), women please bring a skirt as well.

For everybody: one combination of one white top (t-shirt, shirt, blouse) and one black clothing for the lower part (pant, skirt).

Towels, paper/pens for taking notes.

There are some blankets and cushions. Those who can make it possible and particularly those who need some special seat/cushion for morning exercise/meditation please bring your own.

Seminar language will be English and German. Others may be of help translating sometimes but there will be no simultaneous translation.

Application for Summer Meeting at Singhofen July 15 - 22, 2019

(please fill in and send for application)

Surname: _____ First name: _____

Street: _____ Postcode/City: _____

Country: _____

Phone/mobile: _____ E-mail: _____

Food intolerance: _____

Birthdate: _____ Time of birth: _____

Birthplace: _____

Where do you wish to be accommodated: _____

I will bring sheets/sleeping bag: _____

What will be your travel means? _____

If you will have to cancel after booking the seminar or in case of non-appearance the advance payment of 150 Euro cannot be refunded as this is part of the basic costs (flights, rent et cetera).

Date: _____ Signature: _____