

Life beyond sorrow and death

WHEN: 22–24 October 2021

WHERE: The Crystal Barn, Molkom, Värmland.

Welcome to a weekend where we embrace all the colors of our lives: grief as well as joy, where we enter a luminous dark to taste of what it means for us to die.

2020 taught us how unpredictable life really is. We all know we are going to die but still cannot fully grasp this truth. Exploring a deeper knowing of this can become one of our greatest gifts.

You, me, all of us have light and darkness in us. We are beings not only of spring's freshness and summer's fullness... but of dying autumn and icy winters – of all of life's cycles and seasons. The darkness of even death's shadow can become a place of rest, a space for contact with the higher mysteries of existence – something pure, yes, even comforting and sacred.

We offer a loving and safe space where you can dive deep into yourself through shared stories, movement, guided meditations, yoga, gong baths and ceremonies to melt your fears and illuminate your heart with hope and Love.

Course leaders:

Ingela Axkrants Steele: Ingela is a Certified Yin & Hatha Yoga Teacher and Registered Nurse as well as a Poet, Painter, Workshop Leader, Gong Player and Mother of four. She is respected for creating safe spaces for people to relax into Love & True Being and for the depth and richness of her Yin Yoga classes. As a home care Nurse she has comforted and helped many people die in Peace. Her workshops on death and dying have been for many life-changing events.

Smrati Skog and Ingela Axkrants have both many years experience in guiding people in deep spiritual and dying processes.

Costs:

4500 SEK, includes the course and all food.
For the unemployed: 3900 SEK, includes the course and all food.

Early bird-price, payed before 22 september
4.300 SEK (or 3700 for unemployed).

If you get ill you will receive a refund except for 500 SEK.)

Lodging:

Ingela rents out rooms in her beautiful home next to The Crystal Barn for 325 SEK/night for one person.

For questions and booking write:
smratiskog@gmail.com or
ingela.axkrants@gmail.com

Maximum participants, 8 People. Because of the pandemic situation we follow recommendations from public health authority, so we all can feel safe.

Smrati Skog: has had courses and trainings in Bodywork, Tantra and Emotional work the last 30 years. More recently she has been working with grief, death and dying which have been an interest and passion her whole life.