

Retreat Center Einbecker Sonnenberg

Am Brockenblick 2, 37574 Einbeck, Germany

Telephone +49 5561 7950

Email kontakt@einbecker-sonnenberg.de

Website www.einbecker-sonnenberg.de

How to get there

By car



By plane

The nearest airports are Frankfurt and Hannover.

By train and taxi

Take a train to Salzerhelden or Kreiensen. Then, take a taxi to the retreat center, which is about 10 km from either station. Find and book train connections in Germany on www.bahn.de (with English language option).

Salzerhelden: Taxi Keime (+49 5561 5555)

Kreiensen: Taxi Bockler (+49 5563 7777)

Registration & Information Summer Retreat

For more information and to register call or send us an email:

Dr. sc. Magdalena Gassner
Managing Director
Alexander Alliance Germany & Switzerland

Telephone +41 77 475 50 27

(Telephone +49 152 136 431 40)

Email summer-retreat@alexanderalliance.de

You can also register on our website:
www.alexanderalliance.org/retreats



Please include your room preference and let us know if you have any food incompatibilities.

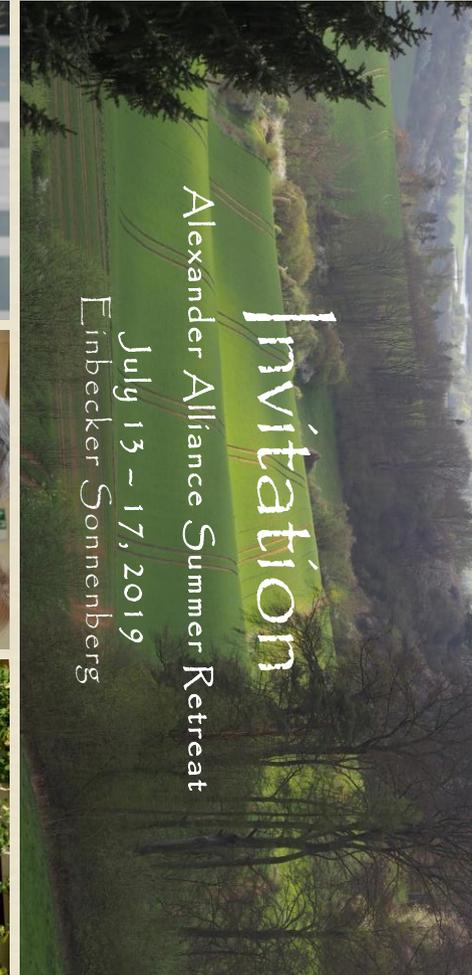
As the number of participants is limited, early registration is recommended.

The registration deadline is June 15.

To learn more about Bruce Fertman, the Alexander Technique and the Alexander Alliance, please visit:

www.alexanderalliance.org

www.peacefulbodyschool.com



We, the Alexander Alliance Europe, are an intergenerational, multi-cultural community/school dedicated to creating a safe and loving environment where, through Alexander's work, people can learn how to become at once, relaxed and ready, soft and strong, light and substantial, stable and flexible, peaceful and lively, receptive and generous, awake to themselves, to others and to the world around them.

We awaken people to a sensory world full of simple pleasures. Our art is human touch – an inexhaustible resource for education, human nurturance, and growth. Our job is to gently unharness deep, naturally organized patterns of vitality within ourselves, and within our students. This groundswell of energy strengthens the will to live, love, learn, and work, generously and freely.



Join us.

Our yearly summer retreat offers 5 days of intensive study within a relaxed atmosphere. The retreat center sits high on a hill. Every room and all the teaching spaces look out over a stunning view of mountains, farmland, and villages. The food is delicious and healthy. It's an idyllic vacation and learning center.



Bruce Fertman and Midori Shinkai will be the lead teachers supported by many Alexander teachers ensuring a great deal of individual attention.

Classes will be taught in English with translation into German by Astrid Lobreyer.

Location: Einbecker Sonnenberg
Am Brockenblick 2
37574 Einbeck / Germany

Dates: Saturday, July 13, 2019, 4pm until
Wednesday, July 17, 2019, 2pm

Prices: 600,- €/person in tent
640,- €/person in double bungalow
695,- €/person in single room (only very limited number available)

The prices are **all inclusive** and cover tuition as well as room and board with three meals per day. Your partner and children are very welcome (please ask for details and the accommodation fee).

Bruce Fertman founded the Alexander Alliance in 1982. His work centers around body and being, movement and meaning and the relationship between physical and spiritual grace. He has been using his hands to help people for 55 years.



In Bruce's class you feel as if you are sitting by a deep, soft lake. His pace and patience, his quiet confidence, allows people to unfold and open layer by layer. The superfluous falls away, leaving only life's inner vitality effortlessly expressing itself through you.

Bruce's touch is like a butterfly settling down on the very turning point of your soul. And then you know, «That's who I am, that is who I could be».
(Margarete Tüshaus)

Midori Shinkai directs the Alexander Alliance Japan and has been studying the Alexander Technique for 40 years. She has trained and translated for several dozen internationally renowned Alexander teachers and consequently possesses an exceptionally broad overview of Alexander's work. For many years Midori has studied and practiced Saitai, a traditional Japanese approach to well-being.



Midori will stay with a person until they open to themselves and to the world. I have watched her take people out of utter darkness. Midori is humble, quiet, unself-centered. She is a little person with a huge heart.
(Bruce Fertman)

