

**EFT Retreat in Belgium**  
**with Gwyneth Moss EFT Master**

<http://www.emotional-health.co.uk/retreat.htm>

The Retreat will be held in Rixensart (25 km SE of Brussels)  
from 5pm on the 17th to 5pm on 19th of February 2011.

**The costs** of the retreat are:

- 250 UK Pounds to be paid to Gwyneth herself by going to : [www.regonline.co.uk/130601](http://www.regonline.co.uk/130601)
- 65 euros to be paid to the “Monastère de l’Alliance” where we will have the Retreat : **000-0362269-71**

Please register asap if you wish to be part of the Retreat, as there are only 7 places.

**Other information:**

- Address: Monastère de l’Alliance, 82 rue du Monastère, B-1330 Rixensart. For more information, go on the website: [www.benedictines.rixensart.catho.be](http://www.benedictines.rixensart.catho.be)
- Arrival:
  - o if you come by train, go to Brussels Midi. There, take a train (count 40 minutes) to Rixensart (direction Namur) and tell me (Dominique) the time of your arrival on my mobile (00.32.477.58.33.96), I will pick you up. You could also walk: it is a 20 minutes walk (even less if you take the tunnel at the rail station).
    - Information about the train schedules at <http://www.b-rail.be/main/F/>
    - Information about the way from the station to the Monastère at <http://fr.viamichelin.be/web/Itineraires?strStartLocid=34MTE0dnZyNzAwMzRtYjEwNTNuMmtiY05UQXVOekV6TXpjPWNOQzQxTXpFek5nPT1jTIRBdU56RXINRGM9Y05DNDFNekk0T0E9PWNOVEF1TnpFek16Yz1jTkM0MU16RXpOZz09MGVSdWUgZGUgbGEgR2FyZQ==&strDestLocid=34MTE0c2kzbTI4MjQ4Mi4wMzRtYjEwNTE5bDhvY05UQXVOekEwTnpRPWNOQzQxTWpnd05RPT1jTIRBdU56QXhORFE9Y05DNDFNamd5Tnc9PWNOVEF1TnpBeU1UWTJjTkM0MU1qZ3lNakUyMGdSdWUgZHUgTW9uYXN0w6hyZQ==&intItineraryType=1&caravaneHidden=false&vh=CAR&strVehicle=0&itineraryCarType=0&itineraryFuelType=0&isFavoriseAutoroute=false&isAvoidPeage=false&isAvoidVignette=false&isAvoidLNR=false&isAvoidFrontiers=true&dtmDeparture=09%2F03%2F2011&distance=km&deviser=1.0|EUR&indemniter=&carbCost=1.3&autoConso=6.8&villeConso=6&routeConso=5.6>
  - o if you come by car, you’ll find a parking place inside the property of the monastère

- Lodging:
  - o each of us an individual room (very simple but with good bed and cold and hot water)
  - o showers and toilets at the end of the corridor to be shared with everybody
  - o sheets (6 euros) and towels (3 euros) are available there if you wish to travel light
  - o we are asked to lightly clean our bedroom before leaving
  
- Meals: we will have:
  - o 3 vegetarian meals per day + break (tea and coffee)
  - o a special eating room for us
  - o and we will participate to wash the dishes, to clean and prepare the table for the next meal
  
- Meetings:
  - o a nice meeting room is reserved for us
  - o we will also have access to:
    - the garden
    - the chapel
    - the library
    - little meeting rooms if we need privacy
  
- More?
  - o If you wish to have more information or help on anything else, please contact Dominique Monette to [ibk@ibk.be](mailto:ibk@ibk.be) or by phone on my mobile: 00.32.477.58.33.96

I will be happy to meet you or to see you again,

Dominique Monette