

Finding your life's purpose

Knowing your true essence,

sensing your place in life,

being truly you.



A weekend workshop with Gerrit Gielen

Dates: Friday 6th October to Sunday 8th October 2017

Location: Villelongue d'Aude, (Near Limoux), Occitanie, France.

Public: English & French speaking (interpreter present throughout workshop)

Price: 190€ / person

In the remarkable and renowned Cathar country, which lies between the Pyrenean mountains and the Mediterranean sea, Gerrit Gielen will be hosting a small, privileged workshop which will take participants on a powerful journey to meet with their innermost selves.

Gerrit Gielen, therapist (psychotherapy, hypnotherapy, regression) and writer for over 30 years, has hosted workshops in Europe and all over the world both alone and with Pamela Kribbe. He is holding this weekend workshop in the picturesque village of Villelongue d'Aude, in the foothills of the Pyrenees, an area he is fond of and where he has already hosted several events.



Using guided meditations, he will accompany and invite participants on an inward journey to encounter their inner selves and to perceive the unique energy of their souls. He will also be offering the fruit of his rich experience as therapist as well as his remarkable intuition, and sharing his own thoughts and understanding of the nature of the soul and how we can express our unique nature and talents in our earthly lives. This workshop will include a time for each participant to share their experiences and to ask Gerrit personal questions if they wish, to help gain insight and clarity in the themes that he will be addressing over the weekend.

The workshop will consist of three sessions which will take us through three main steps on this personal journey. Each session will each include a combination of presentations, guided meditations, exchanges, and a time for questions and answers with Gerrit.

Part 1 (Friday evening): Getting in contact with the energy of your soul. Allowing yourself to feel who you really are.

Part 2 (Saturday morning): Becoming aware of the things that are blocking the energy of your soul. These are often old fear-based ideas from the world around you that you have internalized. Conceptions of how things should be and how you should live.

Part 3 (Sunday morning): Expressing yourself, letting the energy of your soul flow freely into the world. This is finding your life's purpose.

This workshop is open to both French and English speakers. Gerrit will be speaking in English and his interpreter, Kate Bentley, will be providing French translations throughout the entire workshop.

There will be a short break during each of the three of workshop sessions, where light refreshments will be provided.

Mealtimes offer an enjoyable opportunity for participants (and hosts!) to meet each other and weather permitting, to admire the beautiful view from the garden of our host's home, François Deroo, who has received both Gerrit and Pamela a number of times and who is known for his warm and enthusiastic welcome. Tasty, organic, vegetarian, meals will be prepared and served at the workshop venue throughout the weekend (from Friday evening to Sunday evening). Meals are optional and participants are invited to book lunch and/or evening meals, as well as breakfasts if required, when they register (payable separately from the workshop, price 3€/breakfast, 13€/lunch, 10€/evening meal). Participants are also welcome to bring their own food and share mealtimes with the group this way if they prefer.

After lunch on Saturday, our host François will be organising an afternoon excursion in the beautiful surrounding area and sharing his knowledge of local history and culture, for those who wish to discover some remarkable Cathar country sites. Transport will be provided for the group with a mini-coach. This excursion is optional and a small participation will be requested to cover the costs involved (approx 15-20€ per person).



Photo: Gerrit Gielen

Villelongue d'Aude

Workshop schedule:

Friday 6th October

3-4pm: Arrivals, registration.

5-8pm: First workshop session with Gerrit Gielen.

Saturday 7th October

10am – 1pm: Second workshop session with Gerrit Gielen.

1pm: Lunch

2.30-7.30pm (approx): Afternoon excursion (optional)

8pm Dinner

Sunday 8th October

10am -1pm: Third workshop session with Gerrit Gielen.

1pm: Lunch

(It is possible for participants to stay in Villelongue after the workshop. An evening meal will be available on Sunday evening and François will happily arrange a second afternoon excursion if there is a small group of participants interested.)

8pm: Dinner



Chateau de Peyrepertuse

For information & bookings: please contact François Deroo by email at franc.soi@sfr.fr or by telephone on +33 (0) 430 075 129 (landline) or +33 (0)687 501 094 (mobile).