



KALIKALOS



2011 Summer Workshops, Retreats & Workcamps

- Prices shown include meals, shared accommodation and daily beach transport
- All programmes start on Friday evening at 20:30 and end on the following Friday at 11:30
- Click the links to get a full writeup of any workshop or retreat



Friday, 14 October, 2011: All August/September weeks currently have places available for participants or community guests.

May-June Workshops & Retreats



6 May — 3 June [Spring Workcamp](#) (€75/week) Every May we unpack, set up our yurts and group spaces and dig and plant out the organic veggie garden. This year we'll be building a sanctuary from recycled and natural materials, renewing dry walls. . . [\(more\)](#)



3 — 10 Jun [The Spirit of Self Enquiry](#), Tamara Alferoff (€425) With Byron Katie's simple exercises of *The Work*®, witness your stressful, limited beliefs falling away to reveal what is really true. . . [\(more\)](#)



10 — 17 Jun [Core Balance Bodywork](#), Tim Willcocks (€400) Introductory course on Neuro-Structural Integration Technique (NST). Learn to help friends and family with pain and stress. How's and why's of NST in practice. In a class of its own in

Bowen therapy. . . [\(more\)](#)



10 — 17 Jun [Holistic Leadership](#), Margo van Greta (€425) Learn how the Findhorn community works with attunement, focalisation and team building to enhance your own team's productivity and satisfaction. . . [\(more\)](#)



17 — 24 Jun [The Art of Knowing Yourself](#), Yvonne Fuchs (€475 some scholarships places) Come and explore your creative self using Art and Design. When we create we connect to our truest self, feel empowered and forget our worries. No experience

necessary, just a willingness to have a go!...[\(more\)](#)

July Workshops & Retreats



1 — 8 Jul [Vegetarian cookery](#), Kalikalos staff (€425) Using the produce of the region—fresh, natural and organic where possible—we gain our inspiration from the classic and local dishes of Greece. We'll use the old fashioned wood fired oven. . . [\(more\)](#)



1 — 8 July [Walking in the Pelion](#), Jill Sleeman (€425) The unspoilt Pelion peninsula is an area of outstanding natural beauty. Our guide takes you off the beaten track through beautiful orchards,

woodlands, open countryside and along coastal paths . . . [\(more\)](#)



8 — 15 Jul [Vipassana meditation Retreat](#), Henk Barendregt (€250) Half the day we sit and walk in silence, for the second half we practice engaging mindfully in everyday activities, socialising, swimming, talking. Instructions, personal

interviews, a daily dharma-talk. . . [\(more\)](#)



15 — 22 Jul [Way of Council](#), Holger & Gesa Heiten (€460) The ancient practice of sitting in a circle, speaking and listening from the heart, can enrich any relationship — at home, in school, in the workplace, in community. Council is a spiritual practise . . . [\(more\)](#)

August Workshops & Retreats



5 — 19 Aug [Family Fortnight](#), Dorota Owen, Steve Gasparth and Emile van Dantzig (€600) (Children age 12 and under, €300) Join us for a fun-filled fortnight of sharing, creative activities, and cooperative games. In week II, teens take charge!

[\(more\)](#)



19 — 26 Aug [Living Your Truth](#), 26 Aug — 2 Sept [Resolving Fear](#), Dr Helen Ford (€425/wk) Week I is about demonstrating that Spirit's reality is always available to everyone and that everyone can find their own right place within it.

In week II we look at identifying fear-based childhood reaction patterns and replacing them with new and more powerful defences that are consciously based on your own individual soul's truth and the awareness that every individual truth is completely supported by Spirit, at all times. [\(more\)](#)



19 — 26 Aug and/or 26 Aug - 2 Sept [Raw Food Detox](#), Paula Wilson (€425) My aim is to inspire you to try a week eating raw so that you can feel how life could (and should?) be: so that having experienced the increase in energy, clarity and general health, you will have an incentive to kick the cooked food habit. Even a lifetime of . . . [\(more\)](#)

September Workshops & Retreats



2 — 9 Sept [Scaravelli inspired Yoga](#), Louise Simmons (€500) A yoga retreat suitable for every body—any age, fitness level, or experience. We shall work deeply with gravity, breath and awareness to 're-awaken' the potential of our spine to bring a new freedom and fluid strength to the body. [\(more\)](#)



2 — 9 Sept [Walking in the Pelion](#), Simon Cowper (€425) The unspoilt Pelion peninsula is an area of outstanding natural beauty. Our routes take you off the beaten track through beautiful orchards, woodlands, open countryside and along coastal

paths . . . [\(more\)](#)



9 — 16 Sept Music, song and dance, Barbara Swetina (FIR) This week [Living-in-Community guests](#) will have the opportunity to join Barbara for joyous sessions of music, dance and song from many traditions and many countries.



16 — 23 Sept [Satsang, Sandcastles and Seva](#): Jac O'Keefe (€465) Mornings: group meditation and satsang sittings, Afternoons: picnic lunch to the beach, Evenings: community service, dinner and . . . [\(more\)](#)



22— 29 Jul [Dancing with Life](#), Liz Foster & Tracy Seed (€ 450) Drawing on a variety of personal growth approaches—Shadow work, NLP (Neuro-linguistic programming), NVC (Nonviolent Communication) and Biodanza—Liz & Tracy offer tools for transformation and . . .[\(more\)](#)



29 Jul — 5 Aug [Radical Honesty](#), Brad Blanton (€500 if booked before 15 July) Honesty is the source of intimacy, which cannot be had without it. This course in radical honesty will provide for you some experience and a few tools to go out into the world and . . . [\(more\)](#)

Autumn Workcamp



23 Sept — 7 Oct [Autumn Work Camp](#) (€150) During the final two weeks of the season we pack up the Centre, mulch the gardens and finish off any building work left from the spring camp. The autumn work camp grows mellow as the shadows lengthen, and a strong sense of community emerges in the group. The sea is at its warmest . . . [\(more\)](#)