



*Do you long to awaken to your deeper and expansive self?*

**The Ineffable Stream retreat  
'Flowing with the Stream'  
is now open for registration**



**The Ineffable Stream group retreats focus on integrating spiritual, psychological and somatic wisdom within a relational context, that we may awaken into the two sides of human fulfillment, being Self-Realization and Self-Actualization.**

The Ineffable Stream group is led by the appreciated teacher Susannah Grover and her experienced colleagues. In the retreats the group will explore different practices including Alchemical breath practice, the art of self-inquiry, meditation and [TaKeTiNa](#) – as a way to support neural and somatic flexibility. Supporting the central practice of self-inquiry are also other practices such as yoga, movement, bodywork, music and creative expression, making for a full holding and enhancing the transformative offerings of the Ineffable Stream.

The October 2018 retreat is the last of the three preliminary retreats offered this year where people can attend to get a sense of the Ineffable Stream teachings. Then, starting March 2019, an official group will form meeting twice per year for 7-8 day retreats, and will continue for approximately 7–10 years, maximum. As well there may be group meetings offered over the web, between retreats. The group is suitable for sincere, respectful beings who resonate with

our work and who wish to commit to their soul's journey Home.

Susannah Grover will be sharing wisdom teachings from her rich experiences from over 50 years of deep inner practice as well as the extensive training she has received in spiritual and psychological process. Ängsbacka Kursgård is pleased that she is returning to teach there, and Susannah has commented that this will likely be the last group she will teach before she retires.

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## **The Ineffable Stream retreat 'Flowing with the Stream' with Susannah Grover and friends**

**– a retreat for returning Home in connection with our Essence**

**23–28 October 2018, at Ängsbacka Kursgård**

The group is currently open to anyone who appreciates an opportunity to get to know themselves in a subtler and deeper way than what usually happens in our ordinary daily life. The October retreat will be the last of the three preliminary and foundational 2018 retreats prior to the official group forming in March of 2019. What this means is that people are free to attend the October retreat without needing to have attended the two previous retreats, also without making a commitment to continue in the group. Feel free to join and see if the offerings resonate with you. The group will stay open for new participants until the group fills (about 64 people, maximum). *At the recent No Mind Festival over 300 people attended Susannah's classes and there was a surge of interest in the Ineffable Stream retreats. If you are feeling called to join us, then it is advisable to book early as space is limited.*

- If you want to participate you need to both register with our admin via email and book with the venue via their website. See the blue tabs, below.
- This retreat starts with check-in 4.30 pm, Tuesday 23 October and ends after lunch (2 pm) on Sunday 28 October.
- The Ineffable Stream retreats take place at the beautiful and wholesome venue of Ängsbacka Kursgård in Molkom, Sweden. You are now able to book your food and board separately with the [venue](#). Be sure to book soon to secure your choice of accommodation.
- The tuition for the October retreat is still being offered on a donation basis, in addition to the fee for one individual session (1 000 SEK) and food & lodging (options ranging from 2 450 SEK). A suggested donation sliding scale is 3 000 – 6 500 SEK for this 5 day retreat.
- To register for the retreat write to our admin, Lovisa:



[ineffable.stream@gmail.com](mailto:ineffable.stream@gmail.com), and you will be asked to fill out a registration questionnaire and send it to Susannah Grover before your registration is complete. Instructions will be on the questionnaire form when you receive it.

Follow us on [Facebook](#) to see video testimonials and to stay updated. We are looking forward to seeing many of you again in October!

With appreciation,  
The Ineffable Stream team

See this video where Timothy is sharing his experience, to get a sense of what participating in an Ineffable Stream retreat is like.



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