



3-Day Breatharian Healing™ Level One Training

Meeting Rooms: Effectief and Intensief
Dates: 26th- 28th July 2019
Venue: Bilderberg Residence Groot Heideborgh
 Hogesteeg 50
 3886 MA Garderen, The Netherlands
 +31 (0)577 46 27 00
<https://www.bilderberg.nl/garderen/residence-groot-heideborgh/>

Event website: <https://www.breatharianhealing.com/netherlands2019>

Date	Friday, 18 th October 2019
Registration	From 15:00
Session	16:00-19:30
Date	Saturday, 19 th October 2019
Session	9:00-12:00
Lunch Break	12:00-13:00
Session	13:00-17:00
Date	Sunday, 20 th October 2019
Session	9:00-12:00
Lunch Break	12:00-13:00
Session	13:00-16:00

Registration

Registration by the entrance of the event room will be open an hour before the actual event.

Hotel rooms

There is a limited amount of guest rooms available for the participants of our training event at both the event hotel, Bilderberg Residence Groot Heideborgh and Bilderberg 't Speulderbos (15 minutes away on foot or 5 minutes away by car).

The room rates for the whole weekend on both hotels are as follows:

Single use: €127.00 per night

Double: €144.00 per night

Rates include breakfast and excluding tourist tax and service charge.

To reserve your room, please, call reservations at +31 (0)577 462700 or email heideborgh@bilderberg.nl and mention 'Breatharian' during the reservation.

If you are attending the event alone and willing to share a guest room with another participant, kindly send an email to Isabel Gregorio at BreatharianHealingNL@gmail.com and we will do our best to arrange this for you.

Check-in time: from 15:00

Check-out time: before 11:00

For other lodging options within Garderen or nearby towns, kindly refer to the following websites:

- www.booking.com
- <https://www.bedandbreakfast.nl/bed-and-breakfast-nl/garderen/nederland/c2755732>
- <https://www.weekendjeweg.nl/hotels/nl/hotel-garderen/>
- <https://www.fletcherhotelmooiveld.nl/nl>



Shuttle Bus

A shuttle bus is available between Putten train station and the Bilderberg hotels to be booked with the hotel at least 24 hours before expected time of arrival.

Cost: € 3.00 per trip

Meals

We arranged for organic food to be served for the training event. Tea, fruit waters and fresh juices will be available throughout the full days of the event as well as a light meal and smoothies during lunch.

Clothing

Please make sure that you wear comfortable clothing during the training event.

Accessories

Kindly bring your own yoga mat, as well as any further accessories to help you be comfortable and warm during the sessions such as a (yoga) pillow and a blanket.

Dinners at the hotel

To ensure the accommodation of our group during dinner at the hotel restaurant, kindly send an email to Isabel Gregorio at BreatharianHealingNL@gmail.com with the subject 'Breatharian 2019 dinner' and indicate if you would like to make use of this for one of the evenings or for both evenings.

Parking

Free parking is available at both the Bilderberg hotels Residence Groot Heideborgh and 't Speulderbos.

Public Transportation

For those travelling with the public transportation, please refer to www.9292.nl or www.ns.nl to plan your trip. Please take note that there are less buses driving on a Sunday and would advice to check the following links to the bus schedules:

<https://reizen.keolis.nl/nl/gelderland/lijnen>

The closest bus stop by the hotel is **Hooiweg** which is about 10 minutes walk to the hotel.

Bus 112 drives to and from Nunspeet Train station. This bus drives all the way to and from Zwolle train station as bus 100. This line drives regularly from Monday-Saturday. The Kolibrie should be used on Sundays, please see reservation information below.

Bus 107 drives to and from Putten Train station. This line drives regularly from Monday-Sunday.

The bus schedule is available as a .pdf upon request from Isabel Gregorio.

Kolibrie is the alternative bus line that drives when the regular bus lines are not in service. The same schedule applies with the Kolibrie but needs to be reserved at least an hour before the intended departure. Payment for the trip may be done online with iDeal or with the Dutch travel card (OV-chipkaart).

Here is the link to the online reservation (in Dutch): <https://reserveren.syntus.nl/booking/orientation>

Alternatively, there is also a regional taxi that you can use. This needs to be reserved at least an hour before the pick-up time at the hotel. Here is the link: <https://www.valleihopper.nl/>

Activities

For further information regarding wellness facilities within the hotel and outdoor activities, please refer to the hotel's website: <https://www.bilderberg.nl/en/garderen/residence-groot-heideborgh/>



Frequently Asked Questions

How should I prepare for the 3-Day Breatharian Healing™ Training weekend? Should I do any cleanses or fasting before coming to the 3-Day Breatharian Healing™ Training weekend?

We encourage participants to naturally lighten up their food intake over the weeks or months before the 3-Day Breatharian Healing™ Training weekend. When we eat lighter, we find that the body also feels lighter and we can breathe better. It is a wonderful gift! Perhaps you might notice that your body is happy to transition from 3 meals/day to 2 meals or just 1 meal/ day. Or perhaps you feel drawn to eliminate alcohol, animal products or denser, heavier foods (if not already). Please allow your process to unfold naturally for you, without any rigidity or effort. You may find that as soon as you signed-up for the 3-Day Breatharian Healing™ Training weekend and tuned in to this possibility, the body's hungers seem to decrease naturally, and you prefer lighter foods or more live/raw foods, more liquids, less solids, etc. Just allow it to unfold effortlessly! Just allow your inner guidance to prepare you in whatever way you feel! It is a *complete* process in and of itself - gently purifying the body-mind-emotion-spirit in the way that is most perfect for you. So we invite you to simply enjoy life and know that you are already ready for your 3-Day Breatharian Healing™ Training weekend!

I have a health condition. Will the 3-Day Breatharian Healing™ Training weekend heal my condition?

As we are sure you can understand, the 3-Day Breatharian Healing™ Training weekend does not make any medical claims, for obvious reasons of liability, and also because none of us can ever fully understand the perfection of the universe, or the divine timing of events and circumstances in our lives. With that said, we also recognize that the 3-Day Breatharian Healing™ Training weekend is a beautiful process of purification and alignment of body-mind-emotions-soul, an opportunity for each of us to drop deeply within to know ourselves more intimately, to love ourselves more fully than ever before. We have the opportunity to purify all levels of our being, and let go of any uncomfortable information which we no longer need for our highest good, allowing the love and prana to flow freely in our lives once again, returning to our natural state of joy and vibrant health! So as a side-effect of this beautiful alignment process, many participants have experienced profound healings and transformations on all levels. While there are no guarantees, it is wonderful to bring a pure and sincere intention to your process, to use the 3-Day Breatharian Healing™ Training weekend as opportunity to let go of any uncomfortable information or conditions that no longer serve, and allow the process to support you in recalibrating into your natural state of peace, health, joy, and harmony in all aspects of life!