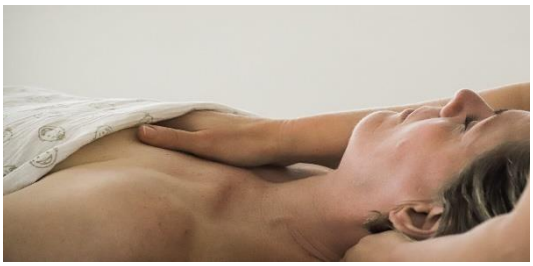
Looking for new horizons?

Find them inside!

During these 5 days' retreat you will have all the possibilities to connect to nature, yourself, others and to the deeper silence and knowing of who you are.



Through the listening touch, the awareness of the breathing, the words that deepen the process, we will contact the barriers in the body. They keep us from knowing who we really are, the possibilities we have, and the love that lives within us.

This course is for your own personal development and can also be part of an education to become a Rosenpractitioner. To join an intensive in Denmark you have to participate in an introworkshop before.

The course is from the 4. – 8. of August 2027.

The teaching will be from 9.30 – 17 and there will be 1½ hour lunchbreak. Time for eating, rest or take a swim.

The teachers in this intensive will be Louisa Turner UK, Kellie Cottril USA, Anja Huss from and Mette Kragelund from DK There will be translation English/Danish

The price is 7250 Danish kroner/970 euro. If you pay before April 1st, you get a discount of 300 dkr/40 euro. If you are a Practioner or an intern, you pay half price. Discount 20. The price includes 30 hours of teachings, a vegetable lunch, snacks, coffee and tea during the 5 days of the teaching.

To sign up you write an email to info@rosenmetoden.dk and transfer the fee to

Bank: Den Danske Bank
Owner of the account: Rosenmetoden ved Anja Huss
BIC (SWIFT – Adress): DABADKKK
IBAN: DK50 3000 0013 1867 23

The intensiv will be held at retreatcenter Aadalen located in a natureprotected area of Denmark.

ÅDALEN
KURSUSCENTER

Kyndeløse Strandvej 22
4070 Kirke Hyllinge
Denmark

Accommodation:

Retreatcenter Aadalen
Contact Birgitte Ettrup
+45 47 50 05 05
info@visitaadalen.dk
visitaadalen.dk

(Prices from 2026!!)

Singleroom: 550 danish kroner/73 Euro per night (1 euro are approximately 7,5 kroner, so the prices here are approximately!)
Offer: 4 nights 1800 DKK / 240 Euro. 1 extra night 400 DKK/53 Euro

Shared room (2-3 persons): 400 dkr per night = 53 Euro
Offer: 4 nights 1400 DKK/173 Euro. 1 extra night 300 DKK/40 Euro

All the rooms share bath and toilets. Bedding and towels are included.
Refrigerator, mikro/minioven and hob is available.

The Campsite Solbakken Naturist (100 meter away from the retreatcenter)
Solbakken-camping.dk

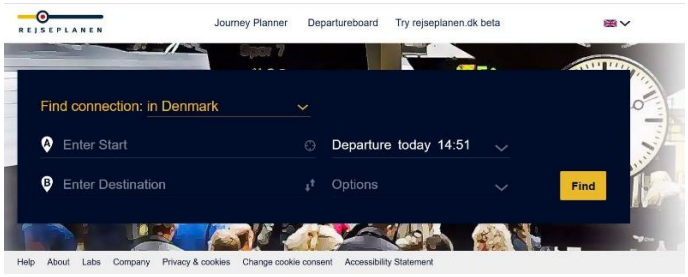
Summerhouses are available to rent in the area.

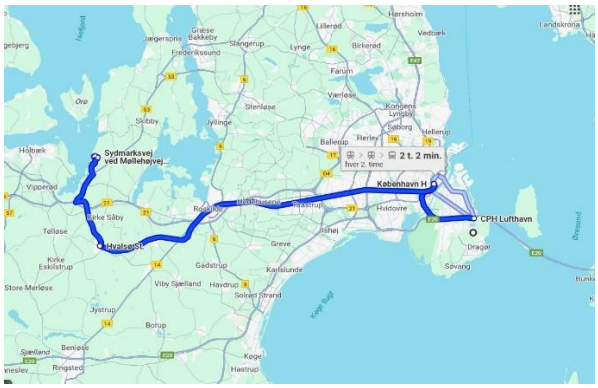
Transport:

Car: From Copenhagen airport it takes 45 minutes to 1 hour to drive in car.

Train/bus: It takes around 1 hour and 45 minutes - 2 hours.
Take the train (RE1077->Østerport) from the airport to the main railway station. From hear you take another train (RE2555->Holbæk station) to Hvalsø station. From here bus (219 ->Kirke Hyllinge) to Sydmarksvej ved Møllehøjvej. You can walk 14 minutes from here or maybe we can pick you up.
Look for further information: rejseplanen.dk

Rejseplanen



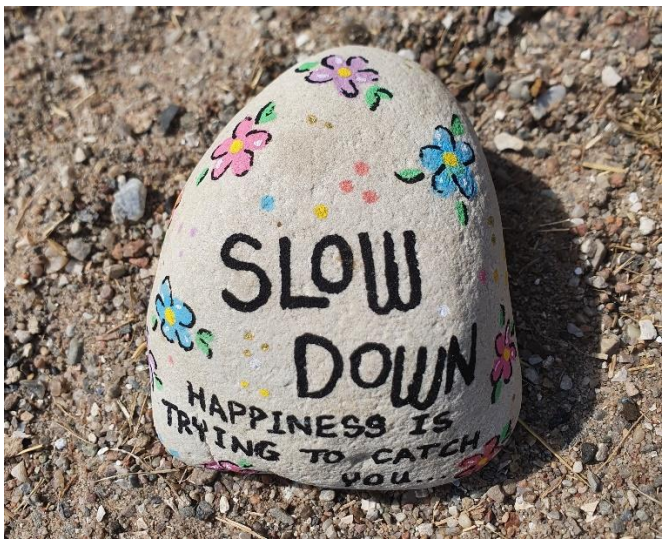


Sightseeing:

Copenhagen has a lot to offer.
You can look at visitcopenhagen.com

At the way to the retreatcenter you pass Roskilde. I will recommend seeing the Roskilde Cathedral. Most of the kings and queens from Denmark are buried here. It is at UNESCO world Heritage site.

But first and foremost come to Denmark to ……



And enjoy the sunset and make some new friendships

For more information and registration:
Contact Anja Huss
Rosenmetoden.dk
Info@rosenmetoden.dk
+4528232639