

Love is the way - to ourselves, the others and mother earth

*To love means to live with an open heart
(Thich Nhat Hanh)*

In a restless and challenging world it is ever more important to pause and contemplate on how to regain enough stability, to open ourselves with a loving heart to ourselves and the world around us.

In this conference of women from different cultures and countries, at this wonderful spiritual place, we want to exchange ideas and learn practices to better equip us for dealing with the challenges of the post-modern world - with stability in the body, love in the heart and with a peaceful mind. We want to discover and to activate the resources that have helped us to survive crises and to cope with difficult situations.

Love and understanding for others begins with ourselves. Yoga, Qi Gong and meditation are age old practices that have been shown to harmonize body and mind and to nourish understanding and peace within ourselves. At the same time we profit from the healing effect of traditional Georgian songs which were already praised by the ancient Romans.

Mindfully taking care of ourselves and developing understanding for ourselves is at the base of peaceful coexistence with other cultures, creeds and ideologies. This allows the insight into the universal interconnectedness with an attitude of respect, acceptance and love. At the same time active compassion for the suffering and problems of others is awakened.

The workshops and courses related to the above topics will be presented by women participating in the conference who in their own right are all experts in their respective fields.

In addition to daily Yoga/Qigong, meditation and relaxation classes and the manifold interdisciplinary workshops, we will provide more room for mindfulness practice at this conference. In line with ancient traditions in monasteries and ashrams, participants are invited to join working meditation (Karma Yoga) - such as joyfully cutting vegetables, washing dishes, setting and clearing the tables. The pleasant side effects are the joy of working together AND a reduced conference fee.



*If you want that everything stays as it is,
everything has to change
(Lampedusa)*

NETWORK EAST-WEST

which was founded in 2001 will change after this 10th and last international conference. The doors to Middle and Eastern Europe have been opened, friendships and personal as well as professional networks across borders and generations have been formed; seeds of empowerment, self confidence and courage have been sown. Some smaller informal events in Kronberg and elsewhere will still be organized.

CONFERENCE VENUE ABBEY FRAUENWÖRTH

This wonderful Benedictine abbey was founded in the 8th century, and after a long and varied history reopened as an abbey for Benedictine nuns in 1901. Today it is a place of encounter, retreat and contemplation as well as a place for the arts, dance and music. It is here that spirituality blends with natural beauty, stillness with strength in a unique way.

BOOKING INFORMATION

CONFERENCE FEE: € 375,00 per person which includes accommodation in twin-bed-rooms with attached shower and toilet (Category B), vegetarian meals and conference program.

Upgrading to a single room (Category B) will increase the fee to € 405, for twin rooms with lake view (Category A) to €405 p.p. and single room with lake view (Category A) to €435.

Participants who arrive earlier are requested to arrange their own accommodation.

HOW TO BOOK:

Send Bank draft/money order to

Netzwerk Ost-West e.V.

Taunus Sparkasse Bad Homburg v.d.H.

IBAN: DE8251250000004209141

BIC/SWIFT Code: HELADEF1TSK

Purpose: Women's Conference 2020

BOOKING: Since the number of participants is limited to 40, please send the BookingForm and Bank Draft as soon as possible - but no later than **March 31, 2020**. With receipt of your payment your place is secured.

Send your Booking Form to:

E-Mail: Hannebohn@netzwerk-ostwest.org or to
IngeFriedrich-Rust, Falkensteinerstr.19,
D-61476Kronberg

FINANCIAL ASSISTANCE towards conference fee can be granted for women from Eastern Europe upon application. Please contact: Inge :Friedrich-Rust
info@netzwerk-ostwest.org

BOOKING FORM

(Please write in capital letters)

Surname:

First name

Age

Nationality

Languages:

Adresse

Postal Code and City::

Country:

Tel:

E-Mail:

Chose your booking (11-14 June 2020)

(...) Double room (Category B) €375,00 p.p.

(...) Single room (Category B) €405,00

(...) Double room (Category A) €405,00 p.p.

(...) Single room (Category A) €435,00

Data Privacy Statement: I hereby agree that the above data will be saved electronically to be utilized for purposes of the organization of the conference. I am aware that I can withdraw my consent at anytime. My data will be processed exclusively for the execution of the conference and for that purpose only will be passed on to the Abbe.

Frauenwörth. The data will NOT be passed on to any other third party.



DATES

BEGINNING OF CONFERENCE:

JUNE 11 2020 with dinner;

END OF THE CONFERENCE:

JUNE 14 2020 after lunch

TRANSPORT

FLIGHTS: You may fly to Munich (GER), Salzburg (Austria) or Memmingn (GER)

TRAINS from MUNICH or SALZBURG to PRIEN run almost hourly and take about one hour

FERRY: In PRIEN/HARBOUR and GSTAD take a ferry to the island FRAUENCHIEMSEE (10/25 min. ride)

CONTACT & ENQUIRIES

info@netzwerk-ostwest.org

LOCAL CONTACT

Abtei Frauenwörth im Chiemsee

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Netzwerk Ost – West e.V.
WOMEN, EMPOWERMENT & YOGA



10th International Conference for Women from Eastern & Western Europe

**Love is the way - to ourselves,
to others
and to the earth**

June 11 - 14, 2020

Abbey Frauenwörth
Lake Chiemsee/Germany

www.netzwerk-ostwest.org.de
www.frauenwörth.de