

Date

Dear ...,

Thank you very much for your registration and welcome to ***Expand The Box*** training. Below you will find some logistical information for the training.

Training Schedule

The schedule for the training is as follows:

Friday, 17 June 2016 from 9:00 am to 10:00 pm

Saturday, 18 June 2016 from 9:00 am to 10:00 pm

Sunday, 19 June 2016 from 9:00 am to 6:00 pm.

We will have breaks about every two hours.

Please bring along writing utensils for your notes. Although you will get an extensive training handbook it may be important to note your personal experiences. Beside the “headwork” we will also do exercises, so we invite you to wear informal and casual clothes.

Since we have had the experience that even small amounts of alcohol considerably interfere with the training benefits we ask you to do completely without alcohol for the entire training.

Training Venue

Seminar & Gästehaus Lenzwald

Lenzwald 2

84570 Polling

Ph.: 08630-9868649

Email: info@nextculture.org

About The Training Venue

Our training venue is an idyllic farmhouse surrounded by fields and meadows, with wide views to the Alps, and is located about 80 km east of Munich. Lenzwald provides a beautiful training room as well as comfortable bedrooms, each with their own bathroom and shower.

Out of every faucet at Lenzwald comes fresh spring water. In order to avoid stressing the plant-based sewage treatment pond we ask you to bring with you and use only bio soaps and bio shampoos! You are welcome to also purchase bio products at Lenzwald.

For the cold season we recommend to bring house shoes for the dining room.

Meal Costs

The utterly delicious vegetarian food is mainly biological and partly from our own gardens. The total food cost for all meals and snacks on all three training days is 120, - Euros per person.

Accommodation Total for 3 Nights

Single Room: 120, - Euros per person
Double Room: 105, - Euros per person
3-4-Bed Room: 90, - Euros per person

For ecological reasons we ask you to bring your own bedding (except for the sheet) and towel. If needed you can also rent bedding and towel from the guest house for 5 Euros for the whole time.

Please let us know as soon as possible the date of your arrival and departure and also your preferred room category (at **your email address**). Depending on the group size we try to accommodate your wish.

During the last training day the money for room and board will be collected. Only payments in cash can be accepted.

In the training room there will be a book table with a variety of books from Possibility Management available as well as recommended reminding factors for your ongoing practice.

Hint:

The *Expand The Box* Training is an authentic adulthood initiatory Training where actual change happens. It already starts with your registration. If you notice some days or weeks before the training that you feel fear, or your physical body gets sick, or all of a sudden you have a whole lot to do, or your Box generates other really good reasons to cancel the training, consider that your growing up processes have already started for you.

Directions to Your Training Location

By Train or Bus:

The closest rail destination is Mühldorf am Inn. If wanted you can arrange to be picked up by us. Otherwise you can take a taxi for the 15-minute ride to Lenzwald (Taxi S. Wiesner: 08631-2500 or Christiane's Taxi: 08631-4547).

By Car:

From Munich

A94 (partly B12) Munich-Passau, exit Mühldorf West. Go through Mühldorf. After the Inn bridge turn right towards Trostberg/Kraiburg. After about 4 km near Oberflossing turn left towards Trostberg. After about 1.5 km turn right towards Lenzwald. Follow the road for 850 m and after the right hand bend turn left towards Lenzwald (gravel road). After 750 m the seminar house is on the right hand side. Please follow the parking signs to your parking place.

Please let us know if you are interested in carpooling, so we can organize rides together.

For further questions you are welcome to contact us at [your telephone number](#). Thank you for your adventure spirit. We wish you many valuable experiences and a lot of fun during the training.

Best wishes,

Signed

Your Friendly Local *Expand The Box* Team