

Listen to the call and  
seek your adventure

# The Calling

a retreat

Held at Möllan Retreat in Sweden

[www.mollerbeck.com](http://www.mollerbeck.com)

# What will truly make you come alive?

The Calling is a simple three-day retreat, where we guide you through a personal hero's journey to help you discover what is calling you right now.

**This retreat is for you**, if you have an inkling that something is missing, feel ready to make a leap, transform a relationship or the role you play at work.

Through individual and collective reflection, we invite you to surface what is truly important to you and learn how to courageously act on it.

**While this work is particularly important for leaders, it is relevant for everyone** and so, we welcome you no matter what background you have.

Also, you do not need to know what is calling on you already or know about yoga or journaling, or other practices.

**Yet, we encourage that bring the curiosity, readiness and willingness to follow your bliss** and to make choices that will make your heart sing.

The questions are: What are you meant to bring into this world? What life are you called to live?

What will truly make you come alive?



During the retreat,  
you will have time for ...

- Deep conversation
- Journalling
- Nature walks
- Meditation
- Sauna
- Lake dipping

# The programme: 11 short sessions of courage and choice

During the three days you will go through seven short circles of collective reflection and journalling, two yoga sessions, a forest walk and a facilitated 'saunagus' – all tied together into a journey surfacing what is calling on you and how to courageously act on it.

In-between sessions you will have long breaks of several hours that you may spend however you choose; writing, talking, hanging out, enjoying the sauna or going for a walk in the deep forest.





**The Shala at Möllan Retreat**

# What participants say

If only for a moment you think of going – THEN GO!

The Calling is a life-changing process that quiets out all of the noise in your life.

With Jakob as an exceptional guide, I discovered what is possible when I stop fighting myself and courageously follow my heart.



Morten Salimi Hansen



Sandra Ladefoged

“The Calling gives you the space to connect deeply with yourself and the courage to follow your true purpose.”

# The teachers



## Jakob Møller Beck

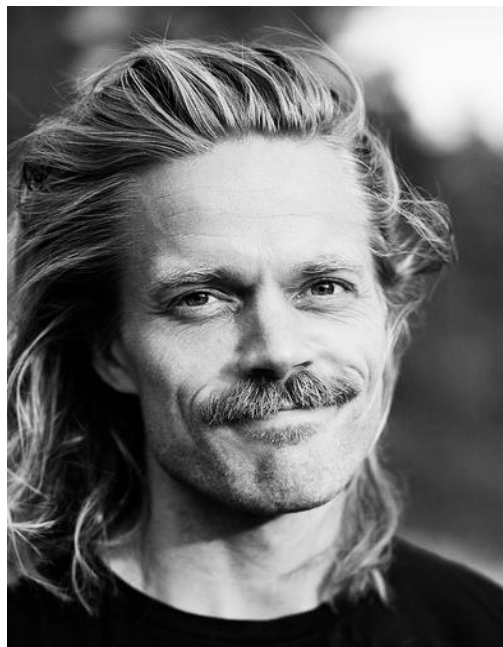
Jakob is a force for personal growth and transformation.

He holds a master's degree in leadership from Copenhagen Business School and has worked internationally as an executive coach and facilitator of transformation for the last 12 years, supporting senior leadership and teams.

At the age of 20 Jakob was stabbed in the stomach which left him with a partially paralyzed leg. Having had to give up on old ways of seeing, doing and being, Jakob now taps into insights from his own personal transformation to help leaders create breakthroughs in their lives and at work. This way he facilitates processes' of supporting each person to move through fear and build choice, commitment and accountability.

Jakob is a heartfelt, strong and insistent teacher with a unique ability to see the potential in the people he supports.

Jakob will be the main teacher at the retreat.



## Jeppe Skovgaard

Jeppe is a pioneer in the movement community.

He holds a master's degree in leadership from Copenhagen Business School specializing in corporate mindfulness. Further, with a deep curiosity for growth, Jeppe became an internationally recognized yoga teacher already in his late twenties.

Jeppe is also the founder of the festival Move Copenhagen and the movement and meditation community and studio Rört. Finally, he is the co-owner of Sweden based retreat centre Möllan along with his wife Åsa Kalyani.

Jeppe is a clear, eager and explorative teacher and speaker. He has a unique ability to create spaces for growth, where many people can join the journey of self-exploration and being alive through the body, mind, and heart alike.

During the course Jeppe will join as a host of Möllan, teach yoga sessions, and lead walks into the forest.

# Practical information

## Hosted by MøllerBeck

To learn more: [www.mollerbeck.com](http://www.mollerbeck.com)

## Dates

### Fall

- Retreat: Oct 30 – 2 Nov
- Final gathering: Nov 20
- Early bird deadline: Aug 15

The Final gathering is from  
16.30 – 20.00

## Food:

At Möllan food will all be vegetarian/vegan, wonderfully nurturing and beautifully cooked by one of our community chefs. Write us directly with any dietary needs or allergies at [thecalling@mollerbeck.com](mailto:thecalling@mollerbeck.com)

## Locations

### Möllan Retreat

Höghultström 2, 360 70  
Åseda, Sweden

### Final gathering

Held in Central Copenhagen  
(location TBD)

## Transportation

Retreat: Arrival on a Thursday between 16:00 and 18.00. Departure on Sunday 12:00.

Möllan is approximately a 4-hour drive from CPH

It is possible to be picked up at the station in Åseda if you take public transport



# Prices

## For private individuals

- Early bird (see dates next page) 4.950 DKK incl. VAT
- Regular ticket 5.550 DKK incl. VAT

## For businesses

- Single tickets 7.750 DKK excl. VAT
- Multiple tickets Ask for price

# Sign-up

Sign-up by writing to [thecalling@mollerbeck.com](mailto:thecalling@mollerbeck.com)

Join us at

# Möllan Retreat