



Welcome to the Awaken as Love Stage 2 Training in Poland 2025. We've included some practical details to help make your experience a smooth one.

We wish you a deep, transformation, connected and most of all fun time!

Love,

James & the AAL Faculty

Practical Information

Dates: This 8 day training runs from the 23rd – 30th June 2025. Starting at 4pm on the 23rd and finishing at 1pm on the 30th.

Venue: Ośrodek Rozwojow, near Warsaw, Poland

Training Cost: Earlybird €1600, Normal price is €1800 (including Food & Accommodation)

Signing Up Process

The deposit of €700 for is required to book your place. The rest of the payment will be due 3 weeks before starting or in cash on arrival (this is to keep the training cost lower). You will still be issued an invoice for the full amount.

What to Bring

- **Snacks** – this training is catered for 3 meals a day with organic vegetarian food with tea and coffee stations. Bring your own snacks if there is something you like to eat outside of this.
- **Loose comfortable clothing** – we will be dancing a lot and it's good you have loose clothes and plenty of t-shirts if you tend to sweat a lot.
- **Notepad & Pens** – As well as handouts it will be important to take notes, also on your own process.
- **Sleeping Bag, Torch, Bug Spray, Sun screen, Hat etc** – There will be a moment when you will sleep outside for the night – you will not need a tent or carry mat, but you must bring whatever else you would need when camping.

Mighty Networks Group

Please join our participant group on Mighty Networks to connect with others before and after the Training and to help with sharing lifts getting transport to and from the training – probably we will arrange some group transport there from the airport:

https://awaken-as-love.mn.co/share/zijo2AjcANrtXHaE?utm_source=manual

Directions to the Training

The center is 70 km from Warsaw. You can get there from Warsaw in an hour by car or train from Vilnius Railway Station (you can buy a ticket at a price of PLN 13 from the conductor). We will probably arrange a group travel there and back closer to the time.

<https://www.google.com/maps/place/O%C5%9Brodek+Rozwojowy+Oddechowo/@52.50835,21.629106,15z/data=!4m5!3m4!1s0x0:0xd42855ad37a480f8!8m2!3d52.50835!4d21.629106>

Mini Spa

We have a miniSPA equipped with a Finnish Sauna, a wet sauna, and an infrared sauna and also with various relaxation spaces including recliners with special collagen lamps – which stimulate collagen production, a solar meadow lamps that stimulates the production of vitamin D. This is an option in our long lunch break and cost about 10 euros for 2.5 hours.

Optional Medicine

In part of this course there is the option to work with mild plant medicine enhancers, this is entirely optional and there is no need for you to take this to get the full experience of the course – it will be additional to the curriculum but for some it can be helpful to enhance the state experience. This will only be in 1 structure and the whole structure is optional if you don't feel comfortable being in spaces with others in an altered state.