



Grof Legacy Training Module 2

What to Bring to Himmelbjerggaarden

- eyeshade,
- single (fitted) bedsheet
- water bottle
- teddy bears and other personal items (within reasonable limits) are welcome!
- precious item or photograph for the altar in the breathing room
- we provide basic art materials for mandala creation, do bring your own personal materials if you wish
- notebook and pen and/or laptop for note taking and journaling
- calendar/diary to make future dates for supervisions and webinars.
- waterproof jacket & walking shoes
- swimming gear
- earplugs

Transport to Himmelbjerggaarden

- **Airport:** the nearest airport is Billund. <https://www.bll.dk/en/>
- **Train:** nearest train station is Ry St. Cheaper or low-cost train tickets may be purchased at: <https://www.dsb.dk/>
To arrange your journey within Denmark, you can use google maps or this website: https://www.rejseplanen.dk/webapp/index.html?language=en_EN&#!P|TP!histId|0!histKey|H873769 Information is in English, Danish and German.
- **Flexbus** route 311 from Ry St. directly to Himmelbjerggaarden (3 stops / 15 mins). Your trip must be booked on line no later than one hour before departure: <https://www.midttrafik.dk/koreplaner/regional-lokal-og-flexbusser/>
- **Taxi:** you can call the local taxi number +4548484848 or find contact details to other local taxi firms on the internet (look for 'taxi in Ry').