



Ny Elleskov House Rules and Guidelines

Ny Elleskov – New Alder Forest – is the name of the farmhouse built in 1922. It was named *New Elleskov*, after the original *Elleskov* farm (*Elleskovsgård*) burnt down on 26 August 1927 due to an oil lamp being left unattended. The farming land attached to the destroyed house was then transferred to the new house. Ownership of both *Elleskov* and *Ny Elleskov* can be dated back to 1756 and we have found accounts of the legal implications of the fire, namely a fine of 40 kr for negligence.

The main historical figure of the 20th century is Henning Dahl who married the daughter of the farmer who owned *Elleskov* farm and acquired ownership of *Ny Elleskov* in 1938. He lived here for 50 years and it is said that his spirit still lingers in the house and on the grounds, smoking his pipe or listening to classical music (Brahms). After his death in 1987 *Ny Elleskov* ceased to be a farm. The farming lands were handed over to the neighbouring farm *Holsegard* that is still thriving and it became an ordinary country house with a huge garden.

Transformations to turn the living quarters into a comfortable country house have been carried out since the late 80s and the farm buildings (stables and barn) were pretty much left as they stood. The previous owner (2005 to 2017) Lasse Elsbøl, carried out some major work fitting the otherwise unoccupied first floor with bedrooms and a bathroom.

When we visited *Ny Elleskov* for the first time in February 2017 it was love at first sight. The house was comfortable and met our immediate needs. Furthermore, the surrounding farm buildings could be renovated to host our retreat centre, *Yggdrasil Living Wholeness*. We spent a whole year working on the design with a local architect. The transformation work started in November 2018 and was completed in July 2019.

Transformational work is at the heart of *Yggdrasil Living Wholeness* and our purpose is to embrace and practice inclusiveness and wholeness. We ask people staying with us to respect the following house rules as well as our guidelines and principles for living in a community house based on simplicity and sustainability.

Thank you for joining us and enjoy your stay

Nicky & John



No smoking in the building as of Danish law or in the gardens. Occasionally, smoking areas are set up in front of the house. Please use an ash-tray and dispose of your cigarette butts.

No possession or use of illegal drugs as of Danish law.

We recommend a conscious and moderate use of legal drugs (alcohol, cigarettes). Consider your stay here as a great opportunity to look into any addictive patterns that might show up and that are up for transformation. All retreats and workshops are alcohol free stretches.

All indoor spaces are shoe-free.



We use eco-friendly products for cleaning the house. Since we do not provide hotel services, all guests are asked to take care of the collective spaces, including the workshop spaces, their bedrooms and the bathrooms as part of the programme. Rota sheets are set up during a programme or retreat. At the end of the programme guests change the bedlinen to prepare for the following guests.

For guests not taking part in a programme and just renting the guest lodge and/or the workshop areas we ask that they leave the place reasonably clean and we will finish off, unless decided otherwise.

Please be mindful of resources (water and electricity), turn off lights and don't leave water running. We use filtered water for the kettle, coffee machine and other kitchen appliances. This keeps down the limescale and reduces use of corrosive products. You will find water filters in the kitchen.

In winter, our main heating is provided by Billy the boiler who feeds on wooden pellets. The upstairs workshop space is heated and cooled with an air pump.

Hygge without candles is not hygge. Nonetheless, please be mindful of candles and blow them out when leaving a room. There is no need to repeat the incident of August 1927.

You are welcome to do your laundry with the machine. Dry your clothes outside when possible and only use the tumble-dryer when weather is wet and humid.

Unfortunately, recycling is limited on the island. We can separate paper and light cardboard (green bin) from general waste and both will be collected. We provide extra bins for glass, plastic and metal and we take them down to the main recycling centre ourselves.



Having a compost is a challenge because of the rats who can thrive of absolutely anything in particular in the absence of natural predators (i.e. foxes). Keeping down the rat population is a big issue on the island and the commune boasts a rat lady who monitors the population and provides appropriate rat traps that you will find lying around the garden. We are currently experimenting with a garden only compost heap (leaves, grass and plant cuttings).

This is an old farmhouse that no longer has animals (cats or dogs) to keep the mice population down. Come autumn the mice tend to seek refuge under the roof. We have decided to approach this in a humane way, capturing the mice alive, taking them for a ride down to a local pond and releasing them in the woods.

Mice and rats get into house through climber plants and tree branches so we constantly check if new accesses have spring up and cut back the trees.



Enjoy the garden! Please do not pick anything unless asked to, and keep the garden clean and clutter free, in particular if you are camping.

Wildlife visitors include hares, pheasants, deer, the occasional feral cat. The hedges around the garden host an amazing variety of birds who appreciate us feeding them in winter: blue-tits, sparrows, finches. We often hear and see wild geese migrating and three cranes have elected domicile in the neighbourhood.



We don't apply strict rules regarding food and are open to explore various diets that nurture well-being, sustainability, and subtle energy work.

We do support a vegetarian diet using locally produced products. Bornholm boasts a wide variety of organic products that you will find in all the shops and is also known for its unique cuisine and cooking festivals. After Bornholm, we favour products farmed in Denmark and the label Ånglamar, a longstanding Scandinavian ecological brand.

We also believe in eating what would have been available in the traditional rural and fishing communities in the region: potatoes, herring, kitchen garden vegetables (leeks, kale, cabbage) and pork.



We believe in applying the principles of higher consciousness to all areas of life, so why not find out more about conscious beauty which will involve thinking of beauty products and cosmetics in terms of simplicity and sustainability. We favour *Weleda* products for their philosophy as well as locally produced ecological products such as the soaps from the soap factory close to the church.



Yggdrasil Living Wholeness is a place of stillness and inner listening. This requires that we be mindful of noise. This does not mean that we don't enjoy listening to loud music or holding concerts. Or course, during silent retreats, noise will be kept to the minimum and stricter rules will be applied.

We hold regular meditations and sitting in silence sessions that are open to all.

The use of mobile phones and computers should be aligned with the programme and both are often restricted to designated areas and times. We ask that you leave your mobile phones and computers out of workspace areas and switch them off during sessions.