



Institute for Mindfulness-based Approaches (IMA)

Mindfulness Meditation Retreat

22 – 27 October 2017

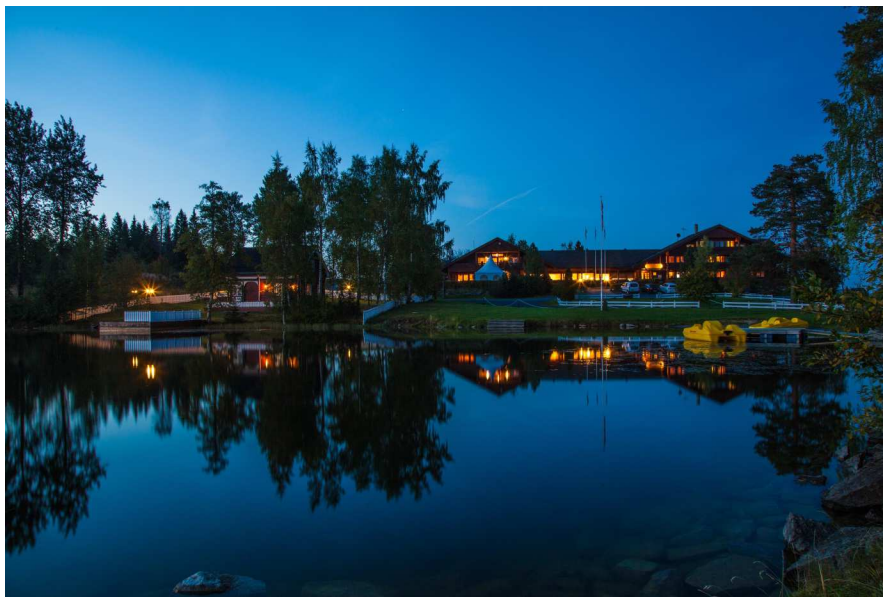
With

Dr. Linda Lehrhaupt

IMA Founder and Executive Director

At Sillongen Toten Hotel

2846 Bøverbru, Norway



What the retreat includes:

- Extended practice in mindfulness exercises such as the body scan, gentle yoga, sitting meditation
- Some sessions in mindful movement, led by Linda, that explore themes such as beginner's mind and basic trust.
- Individual interviews with Linda
- Guided periods of mindful dialogue
- A daily talk on themes related to mindfulness practice
- At all other times, mindful silence will be practiced



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Retreat Assistance: Bodil Framnes

Linda will be assisted in the retreat by Bodil Framnes, an MBSR teacher and faculty member in NTNU's one-year mindfulness training. She will teach gentle yoga and some guided meditations.

Language of the retreat:

The retreat will mainly be conducted in English. The yoga sessions will be held in Norwegian, as well as some guided meditations.

Requirement to participate in the retreat

Participants should have experience in mindfulness meditation. This might include (but is not limited to):

- participation in an 8 week course on MBSR, MBCT, or other mindfulness program.
- Regular practice in a meditation form that includes silent sitting meditation.
- Participation in NTNU's one-year mindfulness training or other mindfulness training
- Self-taught silent, sitting meditation experience but practicing regularly for at least one year.

The retreat provides an excellent opportunity for teachers of mindfulness to deepen their practice with a senior mindfulness teacher

Participation in this retreat fulfills the retreat requirement for joining the IMA-NTNU teacher-training program in Mindfulness-Based Stress Reduction and Mindfulness-Based Cognitive Therapy, which will begin in Fall 2018.



Linda Lehrhaupt, Ph.D., is the Founder and Director of the Institute for Mindfulness-Based Approaches. She is one Europe's most experienced mindfulness teachers and has taught MBSR for 25 years. She has been teaching in the IMA's MBSR-MBCT teacher training program since 2002, as well as leading mindfulness retreats and other advanced trainings in mindfulness-based approaches. For over 20 years she taught Tai Chi & Qigong professionally. Linda has been teaching in adult education, both as a teacher, supervisor and trainer of teachers for 45 years. She is also a fully authorized Zen teacher in the White Plum lineage founded by Taizan Maezumi Roshi.

Linda is the co-author of *Mindfulness-Based Stress Reduction: The MBSR Program for Enhancing Health and Vitality* (New World Library, 2017) and author of *Tai Chi as a Path of Wisdom* (Shambhala, 2001). She is also the author (In German) of *Riding the Waves of Life: Mindfulness in Everyday Life* (Kösel, 2012).

She recently launched a podcast series called ***The Mindfulness-Based Teacher Project***, to provide support, inspiration and know-how for mindfulness teachers (www.mindfulness-based-teacher-project.org).



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Times: Begin First Day: 17:00
 End Last Day: at Lunchtime

Location: Sillongen Toten Hotel, 2846 Bøverbru, Norway
 <http://sillongen.no/>

Cost:

Accommodation: NOK 5350.- p.p. d-rom inkl. helpensjon.
 NOK 6250.- p.p. e-rom inkl. helpensjon.

Teaching fee: Euro 300,- p.p.

Payment

Hotel: **Det vil da bli sendt ut faktura til hver deltaker.** Deltagerregning vil bli belastet hver deltaker. Opphold vil bli forhandsfakturerert hver deltaker og må være innbetalt senest 1 uke før an Avbestilling og reduksjon utover dette belastes med kr 800 pr person pr døgn for boende gjester og kr 225 pr person for dagpakker. Senere enn 48 timer før: 100% av avtalt pris per person per døgn

The teaching fee is to be paid in Euros by money transfer to the IMA upon receipt of your confirmation of registration.

Deadline for registration: 10. Sept. 2017

The retreat will be held with a minimum of 15 participants. We must receive this minimum number of registrations by Sept. 10, otherwise we will have to cancel the retreat to avoid penalties from the hotel.

If you wish to participate, please register as soon as possible.