



Institute for Mindfulness-Based Approaches

Stand: 21.12.2022

Mindfulness-Based Stress Reduction (MBSR)

International MBSR Teacher-Training Program, online and live modules

Where: Berlin Area and Online

Start: February 2023

Please Note:

There are still places available for our EUR 5 training.

If you are interested in enrolling, or seek more information please contact us at info@institute-for-mindfulness.org.

Our IMA senior coordinator and teacher, Ingrid van den Hout, will contact you.

**IF CORONA TRAVEL RESTRICTIONS MAKE IT IMPOSSIBLE TO HOLD THE LIVE
MODULES, THEY WILL BE SWITCHED TO AN ONLINE FORMAT**

www.institute-for-mindfulness.org



Institute for Mindfulness-Based Approaches

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Mindfulness-Based Stress Reduction (MBSR)

The MBSR program was founded in 1979 by Dr. Jon Kabat-Zinn and his colleagues at the Stress Reduction Clinic of the University of Massachusetts, Department of Behavioural and Preventive Medicine, in Worcester, Mass. U.S.A.

An MBSR course consists of eight weekly sessions lasting a minimum of 2.5 hours per session. There is a full day of silent mindfulness practice during the 6th and 7th week. As well as learning formal mindfulness-meditation exercises like the body scan, gentle yoga, sitting meditation and walking meditation, class participants also discuss various themes such as the mental and physical effects of stress, mindful communication, how to take care of oneself, and how mindfulness supports a person to meet stress with wisdom and kindness.

MBSR has been successfully implemented around the world in varied settings. From its initial development in hospital, clinical and health-care environments, MBSR is today being offered in many other areas including management and leadership training, schools and universities, employee health programs, rehabilitation settings, counselling and coaching. In Europe the program has been taught successfully since the 1990s, and interest has continued to grow steadily. In some European countries, the national health services are reimbursing their members for taking part in MBSR courses.

There is also a growing interest among companies, universities, health-organizations, government agencies and other groups to provide mindfulness training based on MBSR to their employees as an evidence-based program that supports them to stay healthy, calm and focused even in stressful and continuously changing times.

A significant number of scientific studies underline the effectiveness of MBSR. The studies impressively document that a high percentage of course participants experience one or more of the following results:

- A decrease of physical and psychosomatic symptoms
- Being able to cope more effectively with stressful situations
- An increased capacity to relax
- A growing self-confidence and capacity for self-acceptance
- Increased vitality



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The Institute for Mindfulness-Based Approaches (IMA)

The Institute for Mindfulness-Based Approaches (IMA) is the oldest professional mindfulness-training institute on the European Continent. Its founder and director, Dr. Linda Lehrhaupt, has been teaching mindfulness-based programs since 1983 and is recognized as a leader in the field. Since 2001 the IMA has provided trainings of excellence for professionals in the fields of health care, mental health, education, social work, human resources and other related areas.

The IMA, which has its main office in Germany, offers MBSR teacher-training programs in Austria, France, Germany, Poland, Switzerland, Turkey and Japan. Over 1600 professionals have completed its MBSR training to date.

The IMA is officially recognized in Germany as an independent institute of further education and professional training. Its programs are recognized by government authorities, and professional associations grant its members further education credits for participating in its offerings.

The IMA's independence allows it to be flexible and to respond quickly to developments in the mindfulness field. As well as offering programs on its own, the IMA has cooperation agreements with other educational organizations.. In Austria, France, Japan, Turkey and Poland, we work with cooperation partners who are well-known in their countries for their quality and expertise.

In the years since 2001, the institute has expanded considerably. In addition to MBSR, it now also offers trainings in:

- Mindfulness-Based Cognitive Therapy (MBCT)
- Mindfulness-Based Compassionate Living (MBCL), developed by Dr. Erik van den Brink and Frits Koster.
- Mindfulness retreats for mindfulness teachers and trainees
- Skills deepening workshops.
- Supervision for teachers of MBSR, MBCT and MBCL.
- Mindfulness-meditation guidance for trainees and teachers who wish additional support.

Recognition of the IMA's Teacher-Training Program and IMA's support of International Training Standards and Criteria

The IMA's teacher-training program in Germany is recognized by the German MBSR-MBCT Professional Teachers Association (www.mbsr-verband.org). Graduates of the program are able to join the association if they meet the requirements of the organization. The teacher-training program of the IAS/IMA is also recognized by the professional teachers' associations of France, Norway, Poland, Switzerland and Austria.



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Dr. Lehrhaupt, founder and executive director of the IMA, participated as an adviser to the working committee that formulated the statements of the International Mindfulness Integrity Network, “a global network informing the ethics and standards of mindfulness training and teaching.” (<http://iminetwork.org>.)

Further, Dr. Lehrhaupt was also one of the early organizers of meetings that led to the founding of EAMBA (The European Association of Mindfulness-Based Approaches (EAMBA), whose “mission is to be a network connecting and inspiring associations (and associations in progress) of mindfulness professionals working with evidence-based secular programs.” (www.eamba.net/about). Together with Dr. Edel Maex, Dr. Lehrhaupt taught the first EAMBA yearly retreat in 2014.

In many countries where teacher associations do not yet exist, the institute’s graduates often successfully interface with organizations in their own country, and their IMA teaching certificate is usually recognized as a professional qualification. However, it is best to make inquiries in one’s own country about recognition.

Why does the IMA Offer an International English-Language MBSR Teacher Training?

The International MBSR Teacher Training program is the IMA’s response to the many requests it has received from the international community to present its highly successful training program in a format that makes it accessible for people living in all parts of Europe and around the world. The mixed format of online education and live teaching in Berlin guarantees an ongoing immersion in the teaching, combined with three intensive live training modules.

The International Teacher Training leads to full certification within ca. 16 months. The venue for residential teaching is located near Berlin. The city is easy to reach, with many direct flights from major cities. The seminar house, a lovely yoga center in a countryside landscape a short distance outside the city, is reachable by public transport from Berlin’s airports and central train station.

Who Might Be Interested in Our Program?

- Trainees who are interested in a certificate-level training that is compact, clearly structured and transparent in terms of requirements, certification process, etc.
- Our program is in a cohort group structure (the same students attend each time). Unlike many programs with different participants each module, our program develops an MBSR teacher community that extends far beyond the end of the IMA program.



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- Our groups are limited to 26 participants. This allows a more personal atmosphere as well as an opportunity for more intensive interaction between faculty and students. We have committed to quality, rather than quantity
- The IMA's program is viable and accessible for people from countries where no MBSR teacher training is offered.
- For people who live in Germany, Switzerland or Austria and who do not speak German well and therefore cannot participate in our German-language programs.
- For people who like to study in an international context and wish to establish network contacts with participants outside their own country.

Some students who join our programs have already been teaching mindfulness- based approaches for some time. They join, they tell us, because they want to immerse themselves in a systematic in-depth training, to profit from the faculty's extensive experience, and to move from autodidactic or piecemeal training, into a more integrated, certificate-based program.

Three Learning Dimensions of the IMA Program

The process of becoming an MBSR teacher involves immersion in each of these three learning dimensions.

Cohort Learning	Individual Learning	Personal Learning
Learning within the same group with various rotating teachers	Personal tutoring with a supervisor	Deepening of one's own meditation practice

The cohort learning dimension means working with the same group of students with rotating faculty members. Our training programs are limited to 26 participants.

The individual learning dimension is in a personal supervision process that takes place during the teaching of a student's own 8-week MBSR course. It consists of a minimum of five small group or individual online sessions.

The personal learning dimension nurtures the deepening of one's own meditation practice as a resource in adding depth to one's teaching capacity.



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The training program is strongly structured and at the same time encourages personal creativity and expression. The multidisciplinary team is committed to each participant finding his/her own identity as a teacher. The training invites each participant to practice and integrate mindfulness skills in his/her own daily life before passing them on to others.

The program will fully prepare trainees to teach MBSR by himself/herself. The practically oriented learning units, combined with the individual supervision and the nurturing of one's own meditation practice, build a three-pronged approach that has been shown to be very supportive to developing teachers.

Specific elements of the program include

- The graduates of our program are certified and fully qualified to teach MBSR on their own.
- Teacher trainees are thoroughly immersed in the formal meditation exercises of the MBSR program: body scan, gentle yoga, sitting meditation and walking meditation. They receive detailed instruction and opportunities to practice teach within the training program.
- The training emphasizes the deepening of one's own meditation practice as the basis for teaching others.
- The curriculum of the 8-week MBSR course is examined in detail, and thematic elements of the weekly sessions, in addition to the meditation exercises, are taught within the training program.
- Participants teach their own self-organized 8-week MBSR course during the last section of the training program, or shortly thereafter.
- Five online small group or individual supervision sessions with a faculty member give intensive support during the teaching of one's own 8-week course.
- Preparation for teaching takes place in every module as participants guide each other and experiment with delivering elements of the programs.
- Participants write and create their own audios in their native language for each of the main exercises (Body Scan, Sitting Meditation, Mindful Lying Down and Standing Yoga). These exercises will be covered extensively in the training program.
- The program presents up-to-date information on research in MBSR and mindfulness.
- Participants receive a comprehensive MBSR teacher-training manual in English.



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- A sample handbook for participants in an MBSR 8-week course is supplied in digital format for trainees to modify and adapt for their own courses.

Brief Overview of the International MBSR Teacher-Training Program 7 Modules

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Module 1 Online
February 10 – 12, 2023 (Friday to Sunday)
Start: 09:00, End: 17:30

Topics covered include:

- Presentation of the structure and content of the MBSR program.
- Practical experience as well as opportunities to teach the main exercises of MBSR: Raisin Exercise, Body Scan.
- Week 1 of the MBSR course, its exercises and themes will be taught and practiced.
- Organizing peer groups and finding a buddy for working together between the modules.

Module 2 Residential
April 11 – 16, 2023 (Tuesday to Sunday)
Start: 15:00, End: 13:00

Topics covered include:

- Reflecting on one's own Body Scan practice. Continuing to explore the role of the Body Scan in the MBSR/MBCT program. Exchanging experiences with guiding the Body Scan. The road to creating one's own Body Scan.
- Introduction to inquiry – the art of leading exploratory dialogue and group discussion.
- Mindfulness-based interventions in various settings such as hospitals, business, and schools. A brief look at research on mindfulness.
- Aspects of Week 2 of an MBSR course will be taught and practiced.
- Learning oneself the MBSR yoga sequences and learning to teach yoga as mindful movement.



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- Themes of Mindful Movement: Body perception, working with boundaries, mindful breathing to support presence, people with special needs.

Module 3 Online June 16 – 18, 2023 (Friday to Sunday) Start: 09:00, End: 17:30

Topics covered include:

- Presentation of the sitting meditation and opportunities for guiding.
- Exploring one's motivation for teaching MBSR.
- Participant requirements for an MBSR course, structure of pre-interviews.
- Aspects of Week 3 of an MBSR course will be taught and practiced.
- Continuing to work with mindful dialogue (Inquiry).

Module 4 Residential August 25 – 30, 2023 (Friday to Wednesday) Start: 15:00, End: 13:00

Topics covered include:

- Brief look at stress theory and research, and practical details of how to teach stress theory in an MBSR course.
- Reviewing research on the effectiveness of mindfulness, what is healing about mindfulness?
- Exercises of Week 4 and 5 of an MBSR course will be taught and students will practice teach the exercises.
- Aspects of group dynamics will be explored.
- Practical experience in working with difficult emotions.
- Practice of kindness and compassion in MBSR teaching
- Deepening mindful dialogue practice.



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- Information will be given about teaching one's own course.

Module 5 Online

October 07 – 08, 2023 (Saturday Sunday)

Start: 09:00, End: 17:30

Topics covered include:

- The theme of mindful communication will be explored through exercises from the Insight Dialogue method of Gregory Kramer.
- The Mountain Meditation will be taught.
- Exploring the inner attitude of an MBSR teacher.
- Sharing about organizing one's MBSR course.

Module 6 Residential

December 10 – 15, 2023 (Sunday to Friday)

Start: 15:00, End: 13:00

Topics covered include:

- Week 6, Week 7 and Week 8 of an MBSR course will be covered in detail. All the exercises of each week will be taught and there will be opportunities to practice teach.
- Trainees will teach the full day of silent practice between the 6th and 7th week of an MBSR course.
- The Lake Meditation will be taught.
- The Post-Interview will be reviewed.
- The fabric of the MBSR-course, how do underlying themes show up in the sessions of the 8-week course. Integrating the learning.



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Module 7 Online
June 21 - 23, 2024. (Friday to Sunday)
Start: 09:00, End: 13:00

Topics include:

- Group review of MBSR courses taught by participants. Opportunities for supervision and deepening of themes related to teaching.
- Exploring topics such as How Does an MBSR teacher take care of oneself?
- Reflecting on themes related to teaching MBSR including: ethics, networking, possibilities of graduate courses after the first MBSR course.
- Closing Ceremony

Our Faculty

The high level of professionalism and experience of the institute's teaching staff is a highlight of its training programs. The IMA's faculty includes some of Europe's leading researchers, teachers and innovators in the field, as well as guest teachers from the USA and other parts of the world.

All our faculty members have a personal mindfulness practice extending over many years, as well as extensive professional experience in the integration of mindfulness-based approaches in their respective fields.

The faculty for the EUR 2 International Training includes some of Europe's most senior teachers and the founder of the IMA, a pioneer in introducing MBSR in Europe



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Faculty of the EUR 5 MBSR Teacher-Training Program




Ingrid van den Hout, M. Sc., completed her study of the Science of Human Movement at the Free University of Amsterdam in 1989. She works as a psychomotor therapist in mental health care. She is also a teacher of MBSR, MBCT and Breathworks. She has a background in the martial arts (Aikido) and became a practitioner of Vipassana in 2001. She trained as an MBSR teacher at the Center for Mindfulness (CFM) in the U.S. in 2004 and 2005. Continuing her development as an MBCT teacher, she participated in the Advanced-Training for MBCT offered by the University of Bangor in 2008. She acted as senior teacher and assessor during a multi-clinic study on MBCT by Radboud University. Since 2006 she has been on the faculty of the Dutch Institute for Mindfulness as a trainer of MBSR and MBCT teachers. She completed her formal training as a supervisor at the British Centre for Supervision and Team Development in 2013. Her involvement in psychosomatics led her to train as a teacher of Breathworks. She is the senior coordinator of the IMA MBSR Teacher Training Programs



Wolfgang Schröder, born 1962, is co-leader of the (Mindfulness Practice)'Achtsamkeitspraxis Berlin' since 2012. His interest in spiritual development and meditation was awakened in 1985. When he trained as a bookseller in the Rhineland, he made a fundamental decision to dedicate his life to practicing and deepening the Buddhist practice. During a stay of several years in the Triratna Sangha in Great Britain, he was able to intensify his practice and study of Buddhism. At that time, he worked in cooperatively run companies and certified as a yoga teacher in 1994. Since he became familiar with Jon Kabat-Zinn's book 'Full Catastrophy Living' in 2005, he continued to practice and train as teacher within the context of MBSR. In 2008 he certified as MBSR teacher, in 2009 as MBCT teacher and also trained as MBCL teacher. He continues to widen his experience and offering in the direction of 'mindfulness at work', for example at the Potential Project. He feels fortunate to meet people in different ways and to support them on their way to more awareness, clarity and kindness.




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	<p>Nils Altner, Ph.D., works currently as a mind-body therapist at the Clinic for Natural and Integrative Medicine at the University of Essen, Germany. His work is in research and in teaching aspects of mindful pedagogy, personality development und health themes as taught at the University of Duisburg-Essen and at Harvard University. He is a graduate of the MBSR Professional Internship Programme at the Center for Mindfulness, University of Massachusetts. He has intensive experience in Zen and Vipassana meditation, Hatha Yoga and Chi Kung. He is a co-author of <i>Incorporating Qigong in Schools</i> (in German) and author of <i>Mindfulness and Health</i> (in German).</p>
	<p>Elise Jansen, B.A, is the owner of Bloom Studio in Oslo, Norway where she works as a yoga and Mindfulness teacher. She has been practicing yoga and meditation since she was a teen-ager and has trained as a teacher of MBSR with the IMA. She is also a certified Yogaworks, Ashtanga Vinyasa, Restorative, Yin and TRE teacher. Elise has been teaching yoga for 15 years and teacher trainings in Mindful Restorative Yoga for the last 3 years. She travels extensively teaching yoga and trainings with focus on interception, mindfulness and deep rest in Europe and beyond.</p>
	<p>Johan Tinge, Diploma in Social Pedagogy, health psychologist and Gestalt therapist. He is the founder and director of the Institute for Mindfulness in Rolde, Netherlands, which offers MBSR and MBCT teacher-training programs. He has been practicing Vipassana meditation since 1981 and is a Vipassana teacher since 1988. He maintains a private psychotherapy practice. He is a graduate of the Professional Training Program and the Professional Internship Program of the CFM's Stress Reduction Clinic of the University of Massachusetts in Worcester, USA.</p>
	<p>Rene Ryorin Slikker is a psychologist and physical therapist. His specific interest is mind-body medicine and personal development. As a psychologist, he combines mental and physical wellbeing with return-to-work programs. He has worked in the United States, Great Britain and Germany as a physical therapist. When he learned about MBSR and Jon Kabat-Zinn, he was immediately inspired and still is. He was one of the first students to train in MBSR with Johan Tinge and his teaching staff at the Institute for Mindfulness in Holland in 2008. He has worked as a mindfulness teacher trainer at the post-doc program of the Hogeschool Utrecht. He has taught numerous MBSR courses and guided several retreats. He started practicing Zen Buddhism in 1998 and has integrated this into his work. At present, he works as a Buddhist psychologist in his own practice in Amsterdam. He and his wife have also founded and teach in a small Zen temple.</p>



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	<p>Bernd Langohr, Dr. med, is a teacher of MBSR and MBCT since 2010. He has been practicing meditation since 2002 and lived for two years in a Theravada monastery in Germany. He studied medicine at the Universities of Tübingen and Jena and was responsible for the establishment of a mindfulness program at the University Clinic in Weimar. He has completed a program in Deep Ecology with Joanna Macy. He is also a lecturer at the Ernst-Abb University in Jena as part of a model project on “Healthy Teaching and Learning.” He completed his certification training in MBSR and MBCT with the IMA</p>
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Participation Requirements for the MBSR Teacher-Training Program

- Successful completion of a professional education or training program in the fields of mental health, medicine, education, health care, social work, physical or occupational therapy, nursing, counselling, coaching, human resources, pastoral work and related professions. Please check with us if you are not sure whether you qualify.
- If you do not have a professional training but have extensive work or volunteer experience, please give us the details.
- **Meditation Experience:** At least 1.5 years of meditation practice (Mindfulness, Vipassana, Zen, Shambhala Training, Dzogchen, Christian Contemplative, Sufi, Yoga, etc.) before starting the training program
- Participation in at least one, five-day silent meditation retreat approved by the IMA for the teacher training. If you have not yet participated in a retreat, you will be asked to fulfil this requirement before the start of the third training module). It is strongly recommended you complete this requirement before the program begins. We can help you with finding a suitable retreat.
- Regular sitting meditation practice.
- Three years work experience in the field of one's profession.
- Experience in meditative bodywork, particularly yoga. If you do not have any yoga experience, or we feel you can benefit from additional training, we will ask you to take part in a weekly yoga course in your hometown during the training program.
- Participation, if possible, in a free ZOOM online Video Conference
- Participation in a personal interview, if deemed necessary by IMA.
- Participation in an 8-week MBSR course



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We ask you take part in an MBSR 8-week course before the start of the training. If you are geographically too far away from a weekly course offering, or your work schedule does not allow it, it is possible to take part in an online 8-week course approved by the IMA either before or before the start of the second module. We can help you with finding a suitable online course.

Certification

Requirements for Successfully Completing the Training Program and Receiving an MBSR Teaching Certificate

All participants who successfully complete the training program according to the terms specified in the enrolment contract will receive a certificate as an MBSR Trainer. This includes:

- Students teach their own self-organized 8-week MBSR course between the sixth and seventh module of the training program.
- Supervision: A minimum of five small group or individual online sessions with an IMA supervisor during the teaching of an 8-week course is required.
- Completion of a final written thesis, including a detailed reflection on the teaching of one's own 8-week MBSR course.
- Preparing audio versions of the Body Scan, Sitting Meditation and Lying Down and Standing Yoga in one's native language and submitting them with the final thesis.
- Submission of the student handbook in the language in which you have taught your MBSR course
- Participation in all units of the training program is required.



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Dates, Fees and Venue

Venue: Rosenwaldhof near Berlin and Potsdam
www.rosenwaldhof.de

(Accessible by public transport from Berlin airports and Central Train Stations of Berlin and Potsdam)

Dates:

IF CORONA TRAVEL RESTRICTIONS MAKE IT IMPOSSIBLE TO HOLD THE LIVE MODULES, THEY WILL BE SWITCHED TO AN ONLINE FORMAT.

IN THIS WAY IT IS GUARANTEED THAT THE TRAINING PROGRAM WILL NOT BE INTERRUPTED

Module 1: Online	10. - 12. February 2023	Friday, 9 am - Sunday, 5.30 pm
Module 2: Live	11. - 16. April 2023	Tuesday, 3 pm - Sunday, 1 pm
Module 3: Online	16. - 18. June 2023	Friday, 9 am - Sunday, 5.30 pm
Module 4: Live	25. - 30. August 2023	Friday, 3 pm - Wednesday, 1 pm
Module 5: Online	07. - 08. October 2023	Saturday, 9 am – Sunday, 5.30 pm
Module 6: Live	10. - 15. December 2023	Sunday, 3 pm – Friday, 1 pm
Module 7: Online	21. - 23. June 2024	Friday, 9 am – Sunday, 1 pm

Course Fee: € 4.400, -

Payment schedule for private persons

Payment 1:	€ 200 -	At the time of returning the contract registration
Payment 2:	€ 1.400, -	February 1, 2023
Payment 3:	€ 1.400, -	June 1, 2023
Payment 4:	€ 1.400, -	November 1, 2023

What the course fee includes:

The course fee includes all instruction plus two handbooks.

The fees do **not** include the minimum 5 individual supervision sessions (Cost: Euro 95, - per session and paid directly to the Supervisor).

The fees also do **not** include costs for housing and meals, which the participant pays directly to the seminar house.



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Accommodation

The live modules of the training program take place at Rosenwaldhof, about one hour by public transportation from Berlin.

Rosenwaldhof is a seminar house and meditation center in the greater Berlin area. It is situated close to forests and several lakes. The river Havel and a hill-top viewpoint are within short walking distance. The cities of Brandenburg and Potsdam are 25 km away.

The food at Rosenwaldhof is organic vegetarian. It is freshly made daily. They also offer vegan food and can accommodate people with allergies. Please contact them if you have further questions about the food, etc.

Rosenwaldhof has single and double- bedrooms with or without bathroom. Bed linen, towels and internet access (in the lobby area) are included in the room rates. All rooms are non-smoking.

We ask all participants to stay at the seminar house during the live modules of the training.

You can view pictures of Rosenwaldhof at the following link:

<http://www.rosenwaldhof.de/fotouebersicht-raster/>

Rosenwaldhof's website in English: <http://www.rosenwaldhof.de/english-version/>

Booking Accommodation:

Rosenwaldhof asks you to book your accommodation with them directly.

Rosenwaldhof
Bergstraße 2
D-14550 Groß Kreutz (Havel)
OT Götzer Berge
+4933207-56680
E-Mail: gast@rosenwaldhof.de (It's fine to write or telephone in English)

For an overview of the pricelist, please refer to: www.rosenwaldhof.de/zimmer/

Do you seek more information or wish to register?

Please send an Email to info@institute-for-mindfulness.org



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Our IMA senior coordinator and teacher, Ingrid van den Hout, will contact you.