



Institut für  
Achtsamkeit

## **Mindfulness-Based Stress Reduction (MBSR)**

### **International Mindfulness and MBSR Teacher-Training Program, online and live modules**

Where: Berlin Area and Online

Start: November 2026

#### **Info-Session**

Tuesday, **23<sup>rd</sup> of June 2026**, 18:30 – 20.30 – online  
(free of charge, booking required)

#### **Orientation Day:**

Saturday, **12<sup>th</sup> of September 2026**, 09.30 – 17.00 - online  
Fee for orientation day: € 125,-

**If you are interested in enrolling, or seek more information please contact us at  
[info@institut-fuer-achtsamkeit.de](mailto:info@institut-fuer-achtsamkeit.de)  
Our IAS/IMA senior teacher and coordinator, Wolfgang Schröder, will contact you.**

[www.institute-for-mindfulness.org](http://www.institute-for-mindfulness.org)

E-mail: [info@institut-fuer-achtsamkeit.de](mailto:info@institut-fuer-achtsamkeit.de)

**EUR\_8**

International Mindfulness and MBSR Teacher-Training Program  
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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 6<sup>th</sup> and 7<sup>th</sup> 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



## The Institut für Achtsamkeit (IAS)

The *Institut für Achtsamkeit* (IAS) is the oldest professional mindfulness-training institute on the European Continent. Its founder, Dr. Linda Lehrhaupt, has been teaching mindfulness-based programs since 1983 and is recognized as a leader in the field. Since 2001 the IAS 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 IAS, which has its main office in Germany, offers MBSR teacher-training programs in Austria, France, Germany, Poland, Switzerland, Turkey and Japan. Over 1700 professionals have completed its MBSR training to date.

The IAS 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 IAS'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 IAS 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 Forgiveness Training (MBFT)
- Mindfulness-Based Compassionate Living (MBCL), developed by Dr. Erik van den Brink and Frits Koster.
- Embodied Mindful Awareness (EMA) developed by Linda Lehrhaupt
- 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 IAS's Teacher-Training Program and IAS's support of International Training Standards and Criteria

The IAS's teacher-training program in Germany is recognized by the German MBSR-MBCT Professional Teachers Association ([www.mbsr-verband.org](http://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 is also recognized by the professional teachers' associations of France, Norway, Poland, Switzerland and Austria.

Dr. Lehrhaupt, founder of the IAS, 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](http://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 IAS 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 IAS Offer an International English-Language MBSR Teacher Training?

The International MBSR Teacher Training program is the IAS'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.
- Our groups are limited to 26 participants (see below, repetition). 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 IAS'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 IAS 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.

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.

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.



- Within the training period there will three online sessions in small groups to meet the participants and to provide opportunities for the trainees to teach in a group setting with a trainer present
- An online session on science and current studies concerning mindfulness and mindfulness-based interventions in various settings such as hospitals, business and schools.
- 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 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.
- 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.





## A Brief Overview of the International Mindfulness and MBSR Teacher-Training Program in 9 Modules

### **Module 1** Residential

November 12 – 18, 2026 (Thursday to Wednesday)

Start: 16:00, End: 13:00

- 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.
- Aspects of Week 1 and 2 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.
- Learning oneself the MBSR yoga sequences and learning to teach yoga as mindful movement.
- Themes of Mindful Movement: Body perception, working with boundaries, mindful breathing to support presence, people with special needs.
- 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.

### **Module 2** Online

January 15 – 17, 2027 (Friday to Sunday)

Start: 09:00, End: 13:00

- 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.
- Introduction of the MBSR topic "Pleasant and unpleasant experiences"?
- Continuing to work with mindful dialogue (Inquiry).



## **Module 3** Online

March 05 – 07, 2027 (Friday to Sunday)

Start: 09:00, End: 13:00

- Brief look at today's meaning of stress, it's theory and research, and practical details of how to teach stress theory in an MBSR course.
- The role of thoughts in stressful situations, thoughts that exacerbate stress and thoughts that relieve stress.
- Reviewing research on the effectiveness of mindfulness, what is healing about mindfulness?
- Dealing with thoughts in meditation.
- Aspects of group dynamics will be explored.
- Aspects of week 4 will be covered.

## **Module 4** Online

May 07 – 09, 2027 (Friday to Sunday)

Start: 09:00, End: 13:00

- Information will be given about teaching one's own course.
- Self-motivation to teach MBSR
- Exploring your own motivation to teach MBSR.
- The distinction between MBSR and psychotherapy and the difference between the therapeutic or counselling approach
- The inner attitude of the MBSR teacher.
- The art of mindful dialogue: The exploratory dialogue in the MBSR course.
- Dealing with 'difficult' participants (transference/counter-transference), the healing power of mindfulness based on one's experience of meditation practice.
- Research findings on the active factors of mindfulness
- Aspects of week 4 and 5 will be covered



## **Module 5** Online

July 02 – 04, 2027 (Friday to Sunday)

Start: 09:00, End: 13:00

- Mindful communication, the dialogue of insight by Gregory Kramer as a deepening of the inner attitude in exploring conversation. Deepening the understanding of listening and speaking through practical exercises.
- Communication as a stress trigger in contact with oneself and others - What is mindful communication? Practical experience of one's own attitude in communication
- Aspects of Week 6 of an MBSR course will be taught and practiced
- TSM (Trauma sensitive mindfulness) start

## **Module 6** Online

September 03 – 05, 2027 (Friday to Sunday)

Start: 09:00, End: 13:00

- Experiencing silence: The day of mindfulness
- Experiencing a day of silence in the training group.
- The day of mindfulness is guided, reflected upon and the accompaniment through the day of silence with all the exercises is developed.
- Meditation on kindness and mountain meditation
- TSM (Trauma sensitive mindfulness) deepening

## **Module 7** Online

October 01 - 03, 2027 (Friday to Sunday)

Start: 09:00, End: 13:00

- Self-care and the conclusion of the 8-week course.
- How can I take good care of myself in a stressful everyday life?
- Self-care in everyday life and with the help of formal practice - changing perspectives: expectations, fears and habitual patterns - what does mindful behaviour mean here?
- Farewell and new beginnings.



- Worst case scenarios: what are my biggest fears as an MBSR teacher?
- The follow-up discussion: aim and content
- Aspects of weeks 7 and 8 will be taught and practised

## **Module 8** Online

January 21 - 23, 2028. (Friday to Sunday)

Start: 09:00, End: 13:00

- The inner landscape of teaching MBSR
- We will work with texts and exercises by Parker Palmer, exploring what he calls 'the inner landscape of teaching'.
- We explore our own attitudes towards topics such as compassion and self-compassion, dealing with the suffering of course participants and our own, with hope and trust.
- How can I work with these aspects as an MBSR teacher?
- We will take an in-depth look at our expectations which have a particular influence on the way we learn and teach: expectations of ourselves, of the participants but also the participants' expectations of us and MBSR
- The practice of inquiry is further deepened through various structured exercises and self-reflection
- This module is tailored to the first experiences of teaching and guiding in the MBSR course and addresses central aspects for the development of one's own self-understanding as an MBSR teacher.
- Group review of MBSR courses taught by participants. Opportunities for supervision and deepening of themes related to teaching.

## **Module 9** Residential

May 11 – 14, 2028 (Thursday to Sunday)

Start: 16:00, End: 13:00

- Farewell and new beginning
- Reflection on topics related to teaching MBSR, such as: ethics,
- networking, possibilities for MBSR follow-up courses or other formats.
- Opportunity to supervise and deepen topics related to teaching MBSR.



- Deepening the experience of teaching formal exercises in a live setting

**Note:** On all dates, there will be a joint silent meditation session on the following days from 7:30 to 8:00 a.m. (mandatory), as this is part of the training.



## The teaching team for the international training

The teaching team consists of highly qualified and experienced MBSR teachers who are significantly involved in the development, dissemination and research of MBSR.

The balanced mix of lecturers allows participants to experience different teaching approaches, helping them to develop their own teaching style and to consolidate and deepen their personal meditation practice.

Detailed biographies of our teaching team can be found on our homepage.






**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 Catastrophe 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. He is the senior coordinator of the MBSR Teacher Training Programs at the IAS



**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 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.



	<p><b>Bernd Langohr</b>, 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>
	<p><b>Elise Jansen</b>, 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><b>Amir Imani</b>, Amir holds a Master’s degree in Counseling and Adult Education from University of Toronto, Canada. He worked in mental health research at the Department of Psychiatry of University of Toronto, and studies and practices the effect of mind-body integration in mental health and balanced living since the year 2000. He has undergone MBSR Teacher Training Program at the Centre for Mindfulness in Medicine, Health and Society at the University of Massachusetts Medical School, and has been teaching MBSR to different groups including Mindfulness trainers, corporate staff and executives since 2005. Amir has also trained with pioneer leading teachers including Joseph Goldstein and Larry Rosenberg. He is the Co-founder/director of the Indian based Omega Wellbeing, founding director of the only hospital based MBSR program in the Middle East region, and senior certified mindfulness teacher at UMASS Medical School. Amir holds workshops and retreats internationally for public and private organisations.</p>





	<p><b>Rene Ryorin Slikker</b> 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>
	<p><b>Jean-Daniël Rüedi</b>, PhD, worked for more than 15 years in academia and private companies as project manager, R&amp;D manager and CEO, before starting to work as freelance coach and consultant. He is the co-founder of O'Centre Formation and now work as trainer, coach and therapist with teams and individuals. He is trained in coaching, organization and relationship systems coaching, Neuro-Linguistic Programming (NLP), hypnosis, Non-Violent Communication (NVC), transpersonal therapy, as well as acceptance and commitment therapy (ACT). He trained as MBSR teacher with the IMA and as MBCL teacher with the Mindfulness Network. He teaches both these programs in Switzerland and online</p>
	<p><b>Nils Altner</b>, Dr. phil., educational scientist, practises Zen and Vipassana meditation. A graduate of the MBSR Professional Internship Programme at the University of Massachusetts, he teaches at the University of Duisburg-Essen and the Clinic for Naturopathy and Integrative Medicine at the Essen-Mitte Clinics, among others.</p>





## Participation Requirements for the MBSR Teacher-Training Program

- Training in the psychosocial field, in education, healthcare, counselling or therapy, as well as coaches, trained yoga or qigong teachers, etc.  
However, people from other professions who wish to change direction are also welcome.
- At least 2 years of daily meditation practice (Vipassana, Zen, Shambhala Training, Dzogchen, contemplation, etc.) under the guidance of an authorized meditation teacher before starting the training.
- Participation in a silent retreat of at least five days under the guidance of an authorized meditation teacher.
- Participation in an 8-week MBSR course under the guidance of an instructor recognized by the MBSR-MBCT Association.

As well as

- Daily sitting meditation practice (at least 30 minutes)
- Minimum age 30 years (exceptions possible by arrangement.
- Experience in meditative bodywork (yoga, tai chi, qigong, etc.) is helpful.
- Participation in the orientation day

Daily sitting meditation practice (at least 40 minutes)



## 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 start their own self-organized 8-week MBSR course between the sixth and seventh module of the training program.
- Supervision: A minimum of five 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 one has taught their MBSR course.
- Participation in all units of the training program is required.
- The MBSR teacher training course meets the quality criteria of the MBSR/MBCT Association and the international standards of the Center for Mindfulness/USA for MBSR training courses



## Dates, Fees and Venue

**Venue:** Rosenwaldhof near Berlin and Potsdam  
[www.rosenwaldhof.de](http://www.rosenwaldhof.de)

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

### Dates:

**Orientation Day: 12<sup>th</sup> September 2026, 09:30 – 17:00 h (CET)**

Fee for orientation day: € 125, -

Module 1: Live	12. - 18. November 2026	Thursday, 16:00 - Wednesday, 13:00
Module 2: Online	15. - 17. January 2027	Friday, 09:00 – Sunday, 13:00
Module 3: Online	05. - 07. March 2027	Friday, 09:00 – Sunday, 13:00
Module 4: Online	07. - 09. May 2027	Friday, 09:00 – Sunday, 13:00
Module 5: Online	02. - 04. July 2027	Friday, 09:00 – Sunday, 13:00
Module 6: Online	03. - 05. September 2027	Friday, 09:00 – Sunday, 13:00
Module 7: Online	01. - 03. October 2027	Friday, 09:00 – Sunday, 13:00
Module 8: Online	21. - 23. January 2028	Friday, 09:00 – Sunday, 13:00
Module 9: Live	11. - 14. May 2028	Thursday, 16:00 – Sunday 13:00

**Course Fee:** € 4.500, -

### Payment schedule for private persons

Payment 1:	€ 225,-	At the time of returning the contract registration
Payment 2:	€ 1.425,-	Dec. 1, 2026
Payment 3:	€ 1.425,-	June 1, 2027
Payment 4:	€ 1.425,-	Dec. 1, 2027

### What the course fee includes:

The course fee includes all instruction plus one manual in two parts.

The fees do **not** include the minimum 5 individual supervision sessions  
(Cost € 95,00 to € 120,00 per session and paid directly to the Supervisor).

The fee does not include attendance of a recommended retreat, it also does **not** include costs for housing and meals, which the participant pays directly to the seminar house.



## 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](mailto: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/](http://www.rosenwaldhof.de/zimmer/)



## Do you seek more information or wish to register?

Please send an Email to: [info@institut-fuer-achtsamkeit.de](mailto:info@institut-fuer-achtsamkeit.de)

Our IAS senior coordinator and teacher, Wolfgang Schröder, will contact you.

### Deadline for Registration

Enrolments will be accepted in the order in which they arrive in the IAS office. Once all training places are filled, further applicants will be put on a waiting list.

**Email Contact:** [info@institut-fuer-achtsamkeit.de](mailto:info@institut-fuer-achtsamkeit.de)



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## Registration procedure for MBSR training

