

Insight Meditation Retreat Steadying the Mind and Opening to Insight

The Danish Mindfulness Association is honored to welcome back in Denmark Bob Stahl and wife Jan Landry for a 7-day Insight Meditation Retreat.

Overview

This is a traditional Insight Meditation Retreat.

Who is this Retreat For?

This retreat is suitable for anyone wishing to deepen their practice and cultivate further understanding of Insight Meditation. It may also be of interest to those teaching or aspiring to teach mindfulness in healthcare, psychology, education, science, government, or in the business and corporate sectors. Please, note that

- This retreat is in silence.
- This retreat requires no adherence to a particular faith tradition.
- This retreat fulfills part of the retreat requirements for becoming a CFM/Oasis Institute MBSR Teacher and is thus appropriate for anyone on the teacher training pathway as well as active Mindfulness teachers, and is open to anyone interested in the practice of mindfulness.

About the Retreat

This traditional insight meditation retreat will offer silent periods of sitting and walking meditation as well as times for practice discussions.

Each day there will be a talk and systematic meditation instructions on the four foundations of mindfulness that are embedded in lovingkindness. These teachings and practices will emphasize quieting the mind, opening the heart, and developing clarity, wisdom, and compassion; and foster the depth of practice.

Please notice that the teaching will be in English. Difficult phrases or words will be translated as needed.



Biography of teachers:

Bob Stahl, Ph.D. has founded eight Mindfulness-Based Stress Reduction programs in medical centers in the SF Bay Area and is currently offering programs at Dominican Hospital and El Camino Hospital in Los Gatos and Mt. View.

Dr. Stahl serves as a Senior Teacher for Oasis Institute for Mindfulness-Based Professional Education and Training at the [Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School](#).

Bob is co-author of 5 books: *A Mindfulness-Based Stress Reduction Workbook*, *Living With Your Heart Wide Open*, *Calming the Rush of Panic*, *A Mindfulness-Based Stress Reduction Workbook for Anxiety*, and *MBSR Everyday*.

Bob is a long time teacher in the Insight Meditation tradition, he has lived more than 8 years in a monastery with Forest Monks. Today, he is the guiding teacher at Insight Santa Cruz and a visiting teacher at Spirit Rock. He also teaches retreats every year in all continents.

More on Bob Stahl

[Google Tech Talks: Meditation as Medicine with Bob Stahl](#).

[Bob Stahl 30 min mindfulness meditation](#)

Jan Landry, BSN MA, has worked in the field of hospice care both as a nurse and as a chaplain, for over 30 years. Her work in the field of death and dying, serves as an ongoing reminder of how precious each and every moment of life is, and informs her meditation practice which has developed and deepened over many years. She is a yoga practitioner, a student of the Rishwan School and of life. As a teacher of mindfulness meditation, she hopes to support others in cultivating a practice of mindfulness that fosters awareness and deep listening to the inner wisdom of one's own heart.

Learning Objectives:

- Practice mindfulness meditation
- Explore the foundational underpinnings of MBSR and other Mindfulness Programs

- Recognize the importance of embodying these foundational underpinnings when teaching Mindfulness
- Discuss dimensions of personal practice with guiding teachers
- Utilize mindfulness meditation in your personal and professional life
- Participate in and contribute to a community of mindfulness-based professionals

Practical information

- When: June 10th to 17th, 2019
- Where: Gomde Retreat Center in the beautiful hills of Djursland, Denmark. Address is: Smedehalden 3, Esby. DK-8420 Knebel. Info on how to get there (indsæt link til information on how to get to Rangjung Yeshe Gomde)

Fee

- **Registration fees** include the organisation of the retreat, accommodation and vegetarian meals:

• Single room, total cost, VAT included:	8900Dkr.
• Double room, total cost, VAT included:	8300 Dkr.
• Dormitory (sleeps up to 10 people), total cost, VAT included:	7500Dkr.
• Use of own tent (campground), total cost, VAT included:	6900Dkr.
- **Price reduction for members of the Danish Mindfulness Association, Mindfulness Foreningen Danmark** **750Dkr.**

All participants will receive a "letter of attendance" from qualified insight meditation teacher & MBSR supervisor Bob Stahl.

Dana: The registration fee is only for the organization and does not include the fee for the teacher, so we ask for a "Dana" for the teacher. Dana (pronounced "dah-na") is a Pali word meaning generosity. This practice dates back to the ancient times and comes from the conviction that the teachings may be outweighed by any material values and that they should be accessible to all and be given freely, since they are considered priceless. Therefore, the teachers offer their work for free. Bob and Jan offer the teachings in this perspective. However, to allow their livelihood and their other teaching activities, they have to rely on voluntary donations at the end of the course. There will be an opportunity for each participant to contribute at the end of the retreat and to donate something to help the teacher in his work. Everyone is asked to give as much and appropriate as it is possible. You can also easily rely on what such seminars usually cost, and if this helps, we can give you some idea of a usual cost.

To register

- Click here (indsæt link til Registration form Bob Stahl) to fill out the registration form or go to the Danish Mindfulness Association's homepage and find "Tilmelding til insight meditation retreat 2019".
- You will receive an invoice within 5 days, reflecting your choice of accommodation/or 2nd choice.
- Make the payment through bank transfer as stated on the invoice.

- After receiving your form and your payment, we will send you an email to confirm your registration.
- Be aware that places are limited. Registrations will be confirmed ONLY after receiving the form and the payment. We advice to register as early as possible to secure your attendance.

If you have any questions, please email us at: retreatbobstahl2019@gmail.com or call the course organizers: Gitte at +45 2624 5499 Mon-Thurs between 5 pm and 7 pm or Birthe at +45 2129 4570 and Rikke at +45 2342 5604

Cancellation (must be in written form)

If you cancel before January 10 2019, the fee will be refunded, except a deposit of Dkr. 1000

If you cancel between January 10 and April 10 2019, 50 % of the fee will be refunded.

If you cancel between April 10 and May 10 2019, 25 % of the fee will be refunded.

If you cancel after May 10 2019 no refund of the fee will take place.