

“An Insight Meditation Retreat: Steadying the Mind and Opening to Insight”

With **Bob Stahl** and **Jan Landry**

RSCJ Casa de Espiritualidad Santa
María de Huerta (Soria)

19th to 24th June 2019

PLACE: [RSCJ Casa de Espiritualidad "Santa María de Huerta" in Soria, Calle San Bernardo 1, Santa María de Huerta 42260 \(Soria\)](#)

DATES: 19th to 24th June 2019

FEES:

Teachings and organization fee: 525 €

Full-board accommodation single room with bathroom: 250 € (rooms will be assigned in order of payment)

NUMBER OF PLACES AVAILABLE: 50

TEACHINGS: [Bob Stahl](#) y [Jan Landry](#)

Who is the retreat for?

This retreat is aimed at all those wanting to deepen their practice and to further nurture their understanding of Insight Meditation.

It can be of particular interest to those already teaching MBSR courses (Mindfulness Based Stress Reduction) or training to teach mindfulness programmes in healthcare, psychology, education, science, government, or the corporate sectors. Please, bare in mind that this is a silent retreat.



About the silent retreat

This traditional insight meditation retreat will combine periods of sitting and walking meditation, mindful movements as well as time for discussions on the individual practice by pairs and in a group setting.

Each day includes a talk accompanied by systematic meditation instructions on the four foundations of mindfulness rooted in loving-kindness.

These teachings and practices will emphasize quieting the mind, opening the heart, developing clarity, compassion and wisdom and fostering the depth of the practice.

CONTACT DETAILS:

Retreat Coordination EFSYP (Training Centre in Health and Psychotherapy)

Isabel del Pozo +34 653 369 067

retiros@espaciosaludypsicoterapia.com



ABOUT THE TEACHERS:

Bob Stahl



PhD, has founded eight Mindfulness-Based Stress Reduction programs in medical centres in the San Francisco Bay Area and is currently offering programs at the Dominican Hospital and El Camino Hospital in Los Gatos and Mount View.

Bob serves as a Senior Teacher for the [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 and [Brown University Mindfulness Center](#).

Bob is the guiding teacher at [Insight Santa Cruz](#) (Buddhist Meditation Community) and a visiting teacher at [Spirit Rock](#) (Insight Meditation Centre).

Bob is co-author of 5 books (New Harbinger Publications): *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-Daily practices from the Heart of Mindfulness- Based Stress Reduction*.

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 [Ridhwan 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.



Get in touch:

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<https://www.espaciosaludypsicoterapia.com/>



ABOUT THE RETREAT:

Timings:

Please arrive between 15:00 to 17:30 for a 19:00 start on the first day. The retreat ends before lunch at 13:30 on the last day.

Languages: Teachings will be in English with consecutive translation into Spanish.

What to bring and wear:

Please bring all items needed for your personal practice and warm and layered clothing (it can get chilly during the evening). At the venue, there will only be available just a few mats and cushions.

Retreat rules:

Observe silence.
Follow the daily schedule.
Practise meditation.

Fees:

Teachings and organization fee: 525 €

Full-board accommodation: (includes VAT, deposit, room and board): **250 €** total.

GRANTS:

If our rates are too high for you -due to unemployment or due to some degree of disability- we invite you to apply for support from EFSYP. Please send an email with the heading "Grants" to:

retiros@espaciosaludypsicoterapia.com

We will inform you after the closing of the application process.

APPLICATION AND PAYMENT PROCESS:

Our application and payment process involves the following steps:

Please, send your registration request with the completed evaluation questionnaire (you can download it from the **mindfulness space** in our **website**) to: retiros@espaciosaludypsicoterapia.com

We receive your application form and assess it to ensure that this retreat is suitable for you. We endeavour to carry out the assessment within 15 days.

Upon offering you a place, you need to register through our website www.espaciosaludypsicoterapia.com or directly by clicking this link [inscription form](#) and attaching the bank receipt either for the **non-refundable deposit** (200 €) or for the full amount of the course (250 € + 525 €), depending which option you choose when you complete your application.

Your place will be fully confirmed, once we receive your deposit or the full payment for the retreat.

If initially, you chose to pay the deposit only, we shall invoice you for the remaining balance 1 month before the retreat starts (19th May 2019).

Payment must be made with two separate bank transfers, one for the teachings and a second one for the accommodation:

Teachings and organization:

Bank transfer addressed to EFSYP (Espacio de Formación en Salud y Psicoterapia, S.L.) (Tax ID number: B87222279)

IBAN: ES74 1491 0001 2821 3761 6724 (Triodos Bank)

BIC/SWIFT code: TRIOESMMXXX

Specify in your bank transfer: Name and Surname - Registration Stahl/Landry 19-24jun19

Full-board accommodation:

Bank transfer addressed to **Religiosas del Sagrado Corazón** (UNICAJA BANCO):

IBAN ES89 2103 2750 45 0033300028

Código Swift: UCJAES2M

Specify in your bank transfer: Name and Surname - Alojamiento retiro Stahl/Landry 19-24jun19

We shall email you again with instructions on how to get there two weeks prior to the beginning of the retreat.

CANCELLATION AND REFUND POLICY

The Organization reserves the right to cancel or modify dates and places if a minimum of participants is not reached. In this case, the participants will be notified in advance, and the course/registration fees will be returned in full.

If you have to cancel your registration for the retreat, we kindly ask you to contact our Retreat Coordination as soon as possible, so your place can be assigned to someone else, by writing to this email address:

retiros@espaciosaludypsicoterapia.com

Not using the accommodation or not eating meals does not exempt from the full payment of the fees. Delay in arrival or early departure will not generate a right to any refund.

The fee refund will vary according to the cancellation date, as follows:

Cancellations made until April 30th, 2019: 50% refund.

Cancellations from May 1st and onwards, 2019: no refund.