



### Holidays in Spain

You can easily combine the World Retreat with a holiday in the surrounding area. The Vall de Boí is itself a lovely tourist destination, not to speak of the Aigüestortes National Park or other parts of the Pyrenees. Barcelona is a fascinating city, and there are a number of lovely villages along the Costa Brava. The little mountain state of Andorra may be worth a visit, as may the equal-

ly mountainous Basque country further to the west. The pilgrim destination Lourdes lies on the French side of the border, while the famous pilgrim route ends up in Santiago in Spain.

### How to get there

If travelling from abroad, flying to Barcelona will usually be the best option. Bus transport from Barcelona will be offered.

Acem World Retreat 2016



## Meet meditators from all over the world

A once-in-a-lifetime experience

Sat 16 July – Sat 23 July 2016

Boí Taüll near Aigüestortes National Park.  
Where the Spanish Pyrenees touch the sky.

■ IACEM Meditation



Boí Taüll Resort is situated in the picturesque Vall de Boí 1600 meters above sea level in the heart of the Spanish Pyrenees. The surroundings are exquisite, the air fresh, and the climate pleasant, with comfortable summer temperatures. The mountains nearby are more than 3000 meters high. The area is famous for its cultural heritage, with a number of old Romanesque churches.

#### International melting pot

The World Retreat will bring together hundreds of Acem meditators from all over the globe. Some have several decades of intensive meditative experience, others have only just learned Acem Meditation, or will learn the technique at the retreat.

#### Tower of Babel

Lectures and seminars will be in English with simultaneous translation and guidance groups in German, Spanish, and Mandarin. Guidance groups in Scandinavian languages will also be available, as will beginner's courses in English, German, Spanish, Mandarin, and Scandinavian.

#### Long meditations

at the three-hour level produce a calmer and more receptive frame of mind, paving the way for thorough relaxation, increased energy and enhanced

## One week of meditative processes in the Spanish Pyrenees Hundreds of participants from around the world

Led by Acem's founder Dr Are Holen



self-awareness. It will also be possible to learn Acem Meditation at the retreat.

#### Evening seminars

Evening seminars with Dr. Are Holen explore the psychology of meditation and help you to enhance your meditative practice. Dr. Holen founded Acem in 1966 and has been the main force behind the development of Acem Meditation.

#### Afternoon workshops

Choose from a number of parallel afternoon workshops led by Acem leaders from various countries, including talks, discussions, and exercises for body and mind.

#### Daily guidance

Small guidance groups led by experienced instructors provide you with ample opportunities to discuss your meditative experiences. This enhances meditation skills and deepens insights into central personal issues.

#### Yoga and mountain walks

Daily sessions of basic Acem Yoga have a refreshing effect and facilitate the practice of long meditations.

#### Lactovegetarian meals

The World Retreat cuisine is based on lactovegetarian food well suited for long meditations.