

Acem Meditation **World Retreat 2016**

Where the Pyrenees touch the sky



■ IACEM

Vall de Boí, Spain
Sat 16 - Sat 23 July



Village Taüll, UNESCO World Heritage Site,
seen from the retreat center

HUNDREDS OF MEDITATORS FROM AROUND THE WORLD

This is the second world retreat in Acem's 50-year long history. Hundreds of meditators from different continents gather in the heart of the Spanish Pyrenees for a week of intensive meditation, personal reflection, playful interaction, and scenic walks in spectacular surroundings.

While meditation helps us to see ourselves more clearly, the personal encounters with fellow meditators from near and far bring us beneath the surface and behind the stereotypes. Despite differences in language and culture, we all share the human nerve that the meditative process sets in motion.



Are Holen

Silence for long meditations

Long meditations in the comfort of your own room produce a calmer and more receptive frame of mind, and pave the way for thorough relaxation, increased energy, and enhanced self-awareness.

Daily guidance in your own language

Discussing your meditation experience and quandaries in guidance groups enhances meditation skills and deepens insights into central life issues.

Seminars based on questions from the audience

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



Choose your workshops

There will be a number of parallel talks, workshops, games, and exercises: the science of meditation, body-boosting movements, painting your self, finding your voice, local flora and fauna, and much more.

Meditative yoga

Daily sessions of basic Acem Yoga have a refreshing effect and facilitate the practice of long meditations. There will be special sessions on breathing practices, impulse practices, and how to let go.

Walking and talking in the mountains

Few things can beat a leisurely walk and talk with old and new friends in the forests, grasslands, and mountains near the retreat center.



The retreat center, Boí Taüll Resort, at
1600 meters above sea level

WORLD HERITAGE BEAUTIFUL MOUNTAINS

The retreat takes place in Vall de Boí in the heart of the Spanish Pyrenees, 1600 meters above sea level, bordering the Aigüestortes National Park.

The surroundings are stunningly beautiful, the air is fresh, and the climate pleasant – with an almost palpable meditative silence. The majestic mountains nearby are 3000 meters high, and the Sant Martí river runs through the valley below.

Vall de Boí is a UNESCO World Heritage Site, known for its unique concentration of thousand-year old Romanesque churches, two of which are situated within easy walking distance from the retreat center.

The resort includes parks, playgrounds, swimming pools, and tennis courts.



GETTING THERE

If traveling from abroad, flying to Barcelona will usually be the best option. The retreat center lies a nice three-hour drive to the northwest. Bus transport from Barcelona will be offered.



HOLIDAYS IN SPAIN

You can easily combine the World Retreat with a holiday in the surrounding area. Vall de Boí is itself a lovely and interesting tourist destination, and it is possible to stay on at the retreat center after the retreat – or just leave your suitcase there and explore the truly beautiful Aigüestortes National Park.

Barcelona is a fascinating city – with busy boulevards and markets, world-renowned art and architecture, Gothic lanes and cathedrals, and ruins dating from the Roman era. You can swim in the Mediterranean, visit Costa Brava, or travel to the thousand-year-old mountain monastery Montserrat.

The little mountain state of Andorra may be worth a visit, as may the equally mountainous Basque country further to the west. The famous pilgrim route ends up in Santiago de Compostela in Spain.

REGISTRATION

Registration opens on 15 October 2015. All registration and payment takes place at Acem's international website acem.com.

Course fees

Before 15 May 2016: EUR 615

After 15 May 2016: EUR 765

Student before 15 May 2016: EUR 500

Student after 15 May 2016: EUR 600

Student fees are for full-time students and may imply double room or simpler accommodation if the retreat is full.

COURSE LANGUAGES

Lectures and seminars will be in English with simultaneous translation to German, Spanish, and Mandarin. Guidance groups and beginner's groups in English, German, Spanish, Mandarin, and Scandinavian.

LEARN TO MEDITATE AT THE RETREAT

Bring your friends or family along; they can learn Acem Meditation at beginner's courses during the retreat.

ACCOMMODATION AND MEALS

The course fee includes board and lodging, with single-occupancy ensuite rooms, breakfast, lunch, and dinner. The World Retreat lacto-vegetarian cuisine is delicious and well suited for long meditations.

MORE INFORMATION

For more information, visit the World Retreat website worldretreat.acem.com. You can also send an email to info.acem@acem.com or contact the nearest Acem office.

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