

# Statements from participants



## **Daniel Roob, Germany**

I took part in many productive conversations. I discovered new areas within myself, and exploring these through meditation and dialogue gave me more freedom. Identifying the forces within yourself gives you more control over them. I will come back.



## **Lee Chin-ying, Taiwan**

This week of meditative activities gave me a sense of inner peace that I have never known before. I did encounter some internal resistance to meditation, but guidance helped me overcome this. In the discussion groups, other people's experiences became a mirror that helped me see myself better.

Acem International Retreat Centre Halvorsbøle is situated one hour's drive outside Oslo, Norway.

The centre stands on a hill with a panoramic view of the Randsfjord lake and nearby hamlets.

The surroundings are stunningly beautiful and epitomise the deep peace and quiet of Scandinavia.



# Acem Meditation

International Summer Retreat 2010

with Dr Are Holen, founder of Acem  
10 – 17 July 2010, Norway



Enjoy the beautiful natural surroundings at Halvorsbøle

# Acem Meditation

International Summer Retreat with Dr Are Holen  
Saturday 10 July – Saturday 17 July 2010

Acem International Retreat Centre  
Halvorsbøle, Oslo, Norway

Long meditations ■ Guidance and evening seminars  
Basic instruction in Acem Yoga ■ Social interaction



Are Holen

This weeklong retreat is an opportunity for daily training in long meditations at the three-hour level. Results include improved meditation skills, release of tension, deep relaxation, increased energy and self awareness.

The fresh air and the tranquility of the woods provide an ideal backdrop for intensive meditation. All rooms have a view of Lake Randsfjord.

Dr. Are Holen, founded Acem in 1966. His seminars will focus on refined meditation practice, personal development and the psychology of Acem Meditation. He is a Professor of Behavioural Medicine, Dept. of Neuroscience, NTNU - Faculty of Medicine.

## Course language: English

Simultaneous translation of lectures into other languages will be provided, and guidance groups will be available in German, Spanish, Mandarin and Scandinavian, when needed.

## Who may participate?

The retreat is suitable for beginners as well as experienced meditators. International participants may learn Acem Meditation at the retreat.

## Course fee for non-Scandinavian participants

Registration before 1 June 2010: EUR 520 (25 % discount). After 1 June: EUR 620 (12.5 % discount). The retreat fee includes ensuite accommodation in a single room and lactovegetarian meals. Inexpensive accommodation at Halvorsbøle or in Oslo will be available before and after the retreat.

## Retreat registration

[www.acem.com/scandinavia/retreat2010.shtml](http://www.acem.com/scandinavia/retreat2010.shtml) or by contacting Acem International: [info.acem@acem.com](mailto:info.acem@acem.com) Tel +47-23118700

## International Deepening Retreat

17 July—24 August 2010 at Halvorsbøle – for meditators with previous experience from weeklong Acem retreats, more than 6 hours of meditation every day. Course language: English, Simultaneous translation of lectures into other languages will be provided, and guidance groups will be available in German, Spanish, Mandarin and Scandinavian, when needed.

## Nordic Student Retreat

31 July– 7 August 2010 at Acem Nordic Retreat Centre Lundsholm, Sweden – for the young at heart. Course language: Scandinavian, with groups in English and simultaneous translation.

See [www.acem.com](http://www.acem.com) or contact Acem for information.