

Acem Meditation

International Summer Retreat with Dr. Are Holen

14 – 21 July 2012, Norway



Long meditations

Guidance and seminars

Acem Yoga and social interaction

 **ACEM**
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Acem Meditation

International Summer Retreat

with Acem's founder Dr. Are Holen

Saturday 14 July – Saturday 21 July 2012

Acem International Retreat Centre
Halvorsbøle, Oslo, Norway



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 the Randsfjord.

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

Seminars and guidance

The evening seminars will focus on refined meditation practice, personal development and the psychology of Acem Meditation. The course language will be English, with simultaneous translation into other languages. Guidance groups will be in English, Spanish and Mandarin.

Dr. Are Holen founded Acem in 1966. He is a psychiatrist and Professor at the Dept. of Neuroscience, NTNU - Faculty of Medicine.

Who may participate?

The retreat is suitable for beginners as well as experienced meditators. It will be possible to learn Acem Meditation at the retreat.

Discounted course fees for non-Scandinavian participants

Registration and payment before 1 June 2012: EUR 540

After 1 June: EUR 640

The retreat fee includes ensuite accommodation in a single room and lacto-vegetarian meals.

Retreat registration

Web: www.acem.com/scandinavia/retreat.shtml

Email: info.acem@acem.com

Tel: (+47) 23 11 87 00

International Deepening Retreat

with Are Holen 21 - 28 July 2012 at Halvorsbøle. For regular meditators with previous experience from weeklong Acem retreats. More than 6 hours of meditation every day. Course language: English. Simultaneous translation of lectures. Guidance groups in Spanish, Mandarin and Scandinavian, when needed.

Nordic Student Retreat

4 - 11 August 2012 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 or contact Acem for information.

Statements from participants



Frank Otto, Germany

My week at Halvorsbøle has been an intense meditation journey for which the almost ridiculously abundant Norwegian scenery outside set the stage for diving into my hidden inner self. I learnt a lot about the structure of my mind, and eventually I have reached the feeling of relaxation, for which I came here.



Shiu-hui Peng, Taiwan

The retreat centre was just fantastic. The long meditations and guidance were full of tears and laughter. I got in touch with important parts of myself. And I got the help I needed to open up and summon the courage to express myself in English.



Bert Fonk, the Netherlands

This was my first weeklong retreat. I wondered how it would be to meditate several hours a day. But it proved to be a great experience, and the week flew by. My daily meditations have profited, and I have got new insights and much to think about. Time well spent! It was also nice to meet participants from different countries, and we had much fun together.