



**International
Summer Retreat
Sat 18 - Sat 25
July 2015
Norway**

ACEM
acem.com

ACEM MEDITATION RETREAT

**LONG MEDITATIONS
GUIDANCE AND SEMINARS
ACEM YOGA AND SOCIAL INTERACTION**



Halvorsbøle overlooking the Ransdelfjord lake

RICH AND VARIED PROGRAMME

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 self-awareness.

GUIDANCE GROUPS led by experienced instructors provide fascinating opportunities for improving meditation skills and exploring personal issues.

EVENING SEMINARS aim at refining your meditation practice and increasing your understanding of personal development and the psychology of Acem Meditation.

BASIC ACEM YOGA makes body and mind feel at ease, and lays the ground for deeper meditative processes.

SOCIAL INTERACTION in an inspiring international setting includes relaxing strolls in the woods, enjoyable evening entertainment and a lovely canoe trip.

OTHER ACEM MEDITATION RETREATS

INTERNATIONAL DEEPENING RETREATS

- 11 July - 18 July 2015 at Halvorsbøle, Oslo, Norway
- 25 July - 1 August 2015 at Halvorsbøle, Oslo, Norway

These intensive retreats with more than 6 hours of long meditation daily are for regular meditators with previous experience from weeklong Acem retreats.

Course language: English.

YOUNG RETREAT

led by Petter Halvorsen and Carina Heimdal

1 - 8 August 2015 at Lundsholm, Arvika, Sweden

Course language: Scandinavian, with simultaneous translation and groups in English.

The retreat centre Halvorsbøle is situated in stunningly beautiful surroundings overlooking the Randsfjord lake outside Oslo. The serene atmosphere epitomises the deep peace and quiet of Scandinavia. All rooms have a view of the lake and nearby hamlets. The fresh air and the tranquillity of the woods provide an ideal backdrop for intensive meditation.

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

The course language is English, with simultaneous translation and guidance groups in Mandarin.

Led by Christopher Grøndahl and Vilde Haakensen

Discounted fees for non-Scandinavian participants

Before 1 June: €615

After 1 June: €765

Full-time students: €535

The retreat fee includes ensuite accommodation in a single room and lactovegetarian meals. If the course is fully booked, student discount may entail accommodation in a double room.

Registration

Web: acem.com Email: info.acem@acem.com

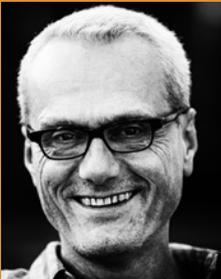
Tel: (+47) 23 11 87 00

Statements from participants



Ina Fischlin, screenwriter

I travelled to the retreat to learn meditation, to reduce the level of anxiety in my daily life, and to become calmer and more accepting. I'd been interested in meditation for many years. Then I read about Acem in a psychology book and liked the fact that it wasn't based on religion. The retreat has given me a long-needed time-out, great insight into what meditation can do for me and wonderful encounters with people from all around the world.



Martin Ott, jeweller

The evening seminars were very helpful. I've never experienced such detailed understanding of meditation anywhere else. I was able to pick up useful tips and integrate them in my own meditation practice. I've got a much clearer direction to my life themes. The retreat was extremely well organised, and with so many nice and lovely people from various walks of life. It was worth every minute.



Tongtos Mahasuwan, graphic designer

It's been a very fruitful and enriching experience. The retreat helped me get in touch with myself and see more clearly some of my own personality traits. I've become more aware of where I want to go in my life. The guidance groups made me understand the process from within. The scenery is amazingly beautiful, and I thoroughly enjoyed swimming in the lake.



Toni Vicens Miró, teacher

For me, the opportunity to do longer meditations was important. At first, I was disturbed by the fact that I tended to fall asleep, but to my surprise the process helped clarify things in my life. The atmosphere and the social and emotional climate were great and made me feel at home from day one. I would happily recommend this retreat to anyone.