



ACEM MEDITATION

INTERNATIONAL REGULAR SUMMER RETREAT
SATURDAY 19 JULY – SATURDAY 26 JULY 2014, NORWAY

LONG MEDITATIONS
GUIDANCE AND SEMINARS
ACEM YOGA AND SOCIAL INTERACTION



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 growth 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.

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 Spanish and Mandarin.

Led by Christopher Grøndahl and Vilde Haakensen

Discounted fees for non-Scandinavian participants

Before 1 June: €615

After 1 June: €730

Full-time students: €525

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

OTHER ACEM MEDITATION RETREATS

INTERNATIONAL DEEPENING RETREAT

with Acem's founder Dr Are Holen

28 June - 5 July 2014 at Halvorsbøle, Oslo, Norway

This intensive retreat with more than 6 hours of long meditation daily is for regular meditators with previous experience from weeklong Acem retreats. Course language: English, with simultaneous translation and groups in German, Spanish and Mandarin.

YOUNG RETREAT

led by Petter Halvorsen and Carina Heimdal

2 - 9 August 2014 at Lundsholm, Arvika, Sweden

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

STATEMENTS FROM PARTICIPANTS



JUSTIN ARCHER, REGIONAL MANAGER

I wanted to learn Acem Meditation as an asset to help me move into the second part of my life, and to balance job stress with family and personal activities. I live in Kenya, so travelling to the summer retreat in Norway was a nice opportunity. It has been very helpful, opening up my mind and creativity, providing fantastic relaxation, making me see things more clearly, and teaching me a lot about acceptance.



ALICE CORBLE, PHD STUDENT

I was surprised to discover how intensely social this retreat was. The guidance groups were the most enriching part. I got to see more clearly my own strengths and weaknesses, fears and desires. I became more open towards myself. The physical environment at Halvorsbøle was absolutely mind-blowing. I admire the amount of voluntary work behind all this. I will be back next year.



SAVANT SHRESTHA, COLLEGE STUDENT

The retreat was a great place to reencounter myself and rediscover images and thoughts that are part of my history. Long meditations and guidance enhanced my meditative skills. And it was so nice to walk in the mountains, swim in the lake and listen to stories of people from different parts of the world and walks of life. It was all very special and moving to me.



CARLA GERDES, MUSIC TEACHER

The retreat was a fantastic experience. For several years Acem Meditation has helped me cope with performance anxiety and stress, but this was my first time doing multiple long meditations. It has made me feel comfortable in a way I didn't expect. It's all about empowering individuals to take control over their lives. And it was fascinating to meet people from so many different countries.