

ReBALANCE RETREATS citySTILLE (EN)



NEXT DATES:

09.12.2018 Half-day / 09:00 - 13:00

27.01.2019 Full-day / 09:00 - 16:00 / 16:30

24.02.2019 Full-day/ 09:00 - 16:00 / 16:30

ORIENTATIVE PROGRAM

For Half Day the program will be crafted for 4 Hours from the topics below, for Full-Day for 7-7:30 Hours. Depending on the weather, an outdoors Mindful Walking Practice can be included.

FIRST THREE RETREATS AT SPECIAL PRICE:

Half-Day Retreat - Euro 79,-

Half-Day Retreat – Euro 129,-

Guidance: Nicoleta Pfeffer-Barbela MSc., Certified Meditation Trainer, Mindfulness Speaker, Founder of citySTILLE

Questions? Write or call us: info@citystille.com; T. +43 664 766 7070

Time	Session
00:15	Welcome and Introduction
01:15	Roots to Presence - Grounding Practices. Finding a solid ground for Balance. Group grounding and connection through Mindful Listening
00:15	Mindful Break in Silence
01:15	Growing into Presence - Embodying Practices. Body Awareness. Compassionate Body-Scan. Me, here and now.
00:45	Mindful Eating in Silence
00:15	Noble Rest
01:15	Breathing Immovable Presence – Cultivation Presence and Balance through Breath Awareness The OBSERVER in every now.
00:45 indoor 01:15 outdoor	Mindfully ‘Walking’ the Senses. Mindfulness of the Senses Practices (weather related, indoors or outdoors)
00:15	Cozy Tea Ceremony in Silence
01:15	The Loving Eyes. Loving-kindness Meditation & Practices
00:15	Mindful Eating Sweets. Coffee & Cake Time (not in silence!)
00:45	Letting go is learning to trust. Note to Self & Group exercises at the retreat’s end.
00:30	Final Reflection and See You Soon! Flow is every step!
07:00 H 07:30 H	End (with Mindful Walking Indoor Practice) End (with Mindful Walking Outdoor Practice)

Important Note:

For your best experience, the retreats will take place with minimum 5 and maximum 8 participants.

Pre-requisite: previous participation in a ReBALANCE or other Mindfulness and Meditation based programs or longer experience with mindfulness meditation. Upon registration, you will be contacted from us by phone to confirm on the above.