

Tuition

To accommodate as many participants as possible, we are offering 3 rates each of which includes room, 3 macrobiotic meals a day, and morning/evening program.

A: Unemployed, student or low income

2,800kc

B: Employed with moderate income

3,825kc

C: Generosity donors - **anything above 'B'**

Additional costs for afternoon classes (split among number of people in each group)

Macrobiotic cooking: 250kc/hour

Woodworking: 300kc/hour

Individual sessions in Shiatsu massage (500kc/60 minutes) and other

Place: Ekofarma Ctiboř - <http://www.ekofarma-ctibor.cz/> (near Kamenice nad Lipou) Map: http://www.mapy.cz/#q=CTIBOR%20&t=s&x=15.227977&y=49.295401&z=11&d=ward_1205_0_3

Organizátor kurzu:

Občanské sdružení „Barevná setkání“
IČO: 26666766, DIČ: CZ26666766 (neplátce DPH)
Registrováno MvČR pod č. j. VS/1-1/57 623/04-R.

Č. účtu: 219499379/0800

Registration and payment can be done on-line by going to <http://www.aura-soma.cz/akce>
(Maximum 15 people)

Kontaktní adresa:

Barevný svět s. r. o.
Gorazdova 18, 120 00, Praha 2

Tel.: 233 370 499
E-mail: info@aura-soma.cz
Web: <http://www.aura-soma.cz>

Dennis Morbin



Dennis Morbin has been leading programs integrating mindfulness & awareness into daily life and work environments for the past 25 years and was a close student of Tibetan meditation master Chögyam Trungpa. His programs which are called Living in Awareness blends the practice of meditation being-in-the-body exercises to bring about more balance and harmony to everyday situations. Originally from Canada, he has been living and working in Czech Republic for 16 years.

BAREVNÝ SVĚT
Warmly invites you to

A 'LIVING IN AWARENESS'

SUMMER PROGRAM

at EKO FARMA CTIBOŘ

August 2nd - 6th, 2012

Facilitated by
Dennis Morbin & Ekofarma Ctiboř



Accommodations

Shared rooms with 3-5 people in each room. If room capacity is full, those with reduced rate will be asked to sleep in common room on mattresses (or you can bring a tent).

What to bring

Comfortable loose fitting clothing for meditation, body exercises and dancing

Slippers for in-house use

Good shoes for hiking

Work clothes for those working in the garden or doing woodworking

Rain gear in case it rains

Bathing suits if you want to swim in nearby pond

Bedding is provided

What to keep in mind

Meals will be vegetarian macrobiotic cooking (in addition to 3 main meals an afternoon snack will be provided)

We will be in a contemplative environment so please leave electronic things at home - limited use of mobiles

What is Living in Awareness?

Are we living our lives with awareness? Are we taking in the smell of orange peels as we peel a mandarin? When we are listening to someone – do we really pay attention? Can we notice the wrinkles of tension or really hear what's behind tender laughter? Can we really let our minds settle - beyond distracting and wandering thoughts - to a place that is calm and clear?

This summer event will give you time for deep reflection and provide you with an opportunity for strengthening mindfulness and awareness and to apply it in everyday activities. In this contemplative environment we will be both alone and in community - to appreciate and celebrate one another and this precious life.



What will we do?

In the mornings and evenings there will be:

- sessions of sitting and walking meditation, talks* and discussions on living with awareness and various activities in training in mindfulness, movement exercises, and contemplative dancing so as to reconnect to our body and thus live in a more balanced and harmonious way
- opportunities for private discussions about one's meditation practice
- talks will be in English with Czech translation

In the afternoons you will have opportunities for:

- taking classes in macrobiotic cooking or woodworking
- gardening or farm work
- contemplative nature walks through forests and ponds
- personal sessions with Shiatsu massage

Topics of talks for discussion

- Calming your Mind
- Being in your Body/Body Enlightenment
- We have everything you need
- The courage to do nothing
- Nowness/ Engaging Spaces
- Living with eyes wide open
- Emotional and Social Intelligence
- Caring for others & Creating Community