

# MBSR Teacher-Led Mindfulness Practice Weeks on Crete 2017

## **MBSR (Mindfulness Based Stress**

**Reduction)** is a simple yet highly effective way to deal more effectively with stress, illness, and the demands of daily life, and to improve physical and emotional well-being. The program consists of practical exercises: body awareness (bodyscan), mindful yoga, sitting and walking meditation, and mindfulness in everyday life. The course focuses on personal practice and experience. No prior experience is necessary.

This 10-day or 7-day MBSR teacher-led retreat gives participants a special opportunity to devote real time to themselves, a different kind of vacation for relaxation and regeneration. It is particularly conceived for those who are not able to attend a regular 8-week course, as well as for those who already have MBSR experience and would like to refresh and deepen their personal MBSR practice.

We begin each day with standing yoga



practice on the beach. After breakfast, we continue in our seminar room practicing the bodyscan, yoga, sitting and walking meditation. In the afternoon there's plenty of time and space for individual (mindfulness in daily life) practice while eating, shopping, conversing, actively non-doing under a beach umbrella, swimming, walking on the beach, enjoying freshly squeezed orange juice or a Greek coffee at one of the tavernas, etc. In the early evening additional practice and discussion sessions are offered, with practical information about mindfulness and stress reduction.

At the end of this week, you can extend your stay and continue practicing what you've learned under guidance.

## **10-DAY MBSR RETREAT**

23 September - 3 October 2017

## **7-DAY MBSR RETREAT**

23 - 30 September 2017

group size: 1 - 9  
languages: English and German

**course costs (per person):** €620 // €500  
**accompanying persons are welcome**  
**additional practice days (per day):**  
€40 + hotel

### **fee includes:**

MBSR course (approx. 41 // 33 hours)  
CDs to continue your practice at home

### **not included are:**

hotel (from €210 per week per room)  
meals  
flight to Heraklion  
transfer Heraklion-Kalamaki

*I am not a travel agent, but am happy to assist  
with accommodations and travel reservations*

*Payment can be made in U.S. \$*

## **.Seminar location Kalamaki:**

The small village of Kalamaki lies far from mass tourism on the south coast of Crete (65 km from the Heraklion airport). Accommodations are in rooms and studios in small hotels -- all rooms with balcony, showers/WC, refrigerator, A/C -- less than 70m from the village beach and boardwalk with its tavernas and cafés. The sandy beach continues to the south for about 3 km (clothing is very optional in this section) to Kommos. (with archaeological site). The picturesque villages of Kamilari and Pitsidia are within walking distance, (approx. 30-45 min.)

## **INDIVIDUAL MBSR RETREAT**

**September/October 2017**

If the group sessions don't fit your schedule, or if you'd prefer a more individualized course, I also offer retreats for individual and small group (up to 4 persons).

Offered between **30 September and  
20 October 2017**

**Course costs** begin at €700 / 1 week or  
€1200 / 2 weeks for a single person.  
**Hotel costs** from €210/week

**Register as soon as possible**

**- space is limited! -**

**€100 pP due upon registration,  
remaining fees 4 weeks before begin**

*These fees can only be refunded if a substitute participant is found.*

**For more information and registration, contact:**

**Kristin Turnblad**

M.A. Stanford University  
MBSR-teacher (certified in Germany since 2005)

**+49 (0)8051 – 965106**

**mbsr@turnblad.de**

**http://mbsr.turnblad.de**

**MBSR**



**KRISTIN TURNBLAD**