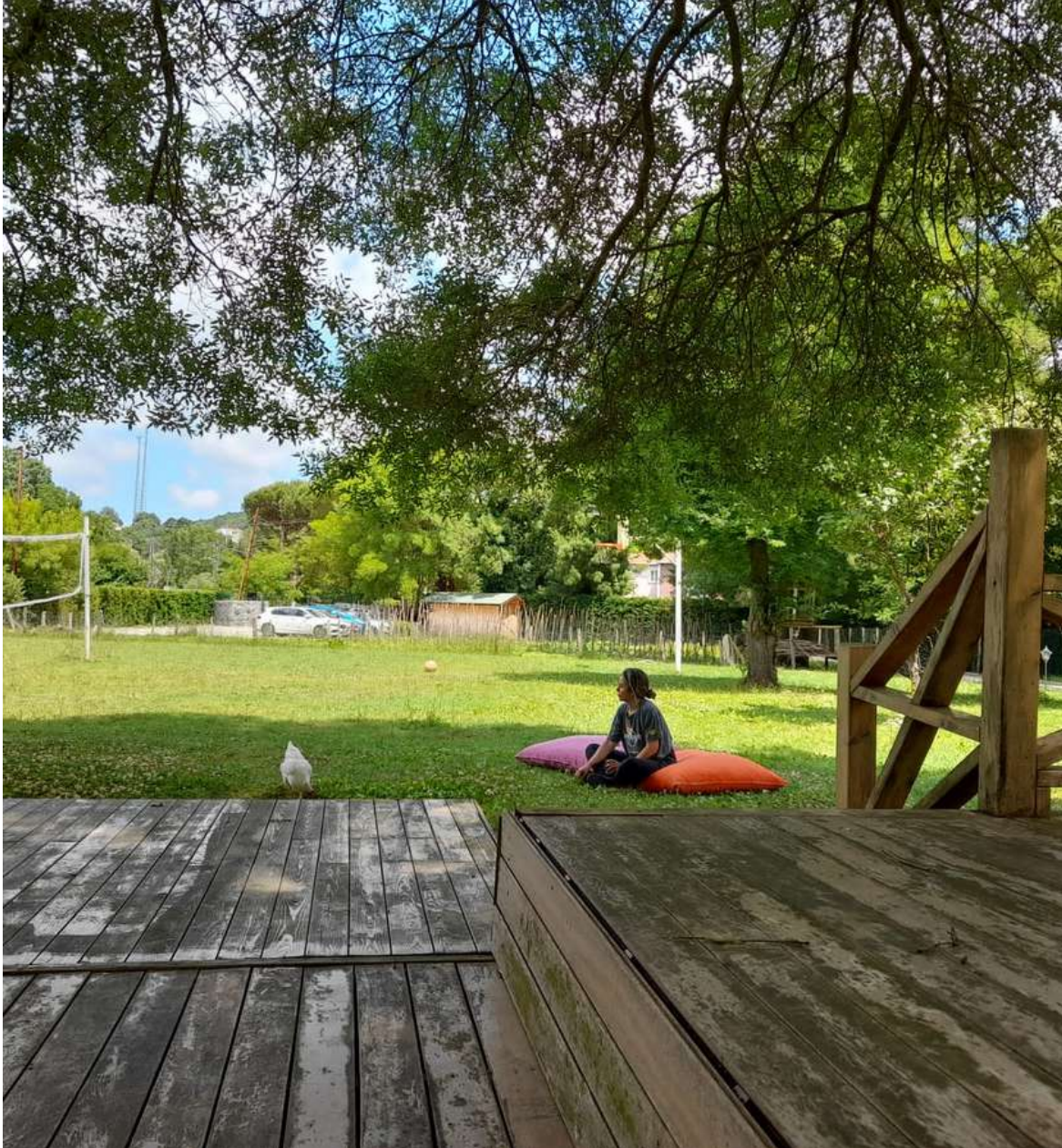


# SILENT RETREAT

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5-days silent meditation retreat  
October 24 - 29, 2023  
Seshane Istanbul Turkey

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[www.mindcareacademy.com/retreat](http://www.mindcareacademy.com/retreat)

MindCare



A silent retreat is a special experience that deepens your meditation practice. It helps you to notice your habitual patterns and to look closely at your inner experience as the external distractions of the outer world fades away.

As MindCare, we are happy to bring this retreat to Turkey in a format that meets international standards. Led by senior meditation instructor Amir Imani, we invite you to connect with your inner world by bringing together different mindfulness practices.

With this silent retreat, we would like to support you in building a new relationship with difficulties and in stepping out of autopilot and cultivating your awareness, from moment to moment.

# WELCOME



# TEAM

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## **Amir Imani**

### *Retreat Leader*

With over 20 years of meditation experience, Amir received training and supervision from Jon Kabat-Zinn and Saki Santorelli at the University of Massachusetts Mindfulness Center in 2005. He is a senior meditation teacher with extensive experience in participating and leading retreats.



## **Kivilcim Kiran**

### *Retreat Assistant and Translator*

MindCare co-founder Kivilcim is an accredited mindfulness teacher and clinical psychologist who has been working on mindfulness, compassion and trauma resolution since 2015. She studied at Oxford and Bangor Universities and specialized in compassion focused therapy and trauma resolution at Compassionate Mind Center.



## **Selin Ilgaz**

### *Retreat Assistant and Translator*

Selin, co-founder of MindCare, is a psychologist specialized in neurosciences. Meditation entered her life with the first 10-day retreat she participated in 2014 and since then she continues attending retreats. She became a mindfulness teacher in 2016 and a yoga teacher in 2019. She deepens her practice with various movement practices such as dancing. She co-founded MindCare in 2021 and became the cooperating partner of IMA in Turkey.



# WHAT IS INCLUDED?

01

## Mindfulness practices

Guided and non guided practices:  
Body Scan  
Sitting Meditation  
Metta Meditation  
Gentle Yoga  
Mindful Walking

02

## Senior teacher

Guidance and one-to-one support from our senior instructor Amir, who has led dozens of retreats so far and whose 25 years of experience is based on retreats

03

## Silence

For 5 days, we are practicing noble silence, refraining from any form of communication, thus minimizing distractions as best we can. Instructors can always be contacted when necessary.

04

## Healthy meals

Delicious vegetarian home-cooked meals and healthy snacks prepared by Seshane. Open buffet breakfast, soup and salad for lunch, afternoon snacks and open buffet dinner with 6 to 8 different meals.

05

## In nature

In a cute little village close to Istanbul, surrounded by trees, lush greenery and silence, Seshane's location will support your journey inward.

06

## Support of assistants

As MindCare founders, experienced mindfulness teachers and psychologists, Kivilecim and Selin are with you for help and support throughout the retreat



# TESTIMONIALS

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“

*I realized that I needed silence and time with myself. I experienced my struggle with myself and how this struggle can be handled with compassion*

“

*I realized that I have not been honest with myself about some things and how I sometimes sabotage myself*

“

*It was a tremendous experience for me. I am very happy that I am getting deeper and deeper every day and that I can look at myself and life so closely. It was very impressive for me to see impermanence everywhere I looked and to surrender to the wind and the sun. I wish it could have lasted longer now :) In my daily practice, my motivation has increased a lot more and I observe that I can go deeper in meditation more easily and my awareness and self-compassion have increased even more. Thank you very much, it was a wonderful experience.*

“

*The flow was very beautiful. I progressed very comfortably and was able to experience it by getting into it. Since my return, I have changed my daily routine and continue to do quiet sitting and morning movement (yoga) early in the morning. Five days felt so good that my goal is to experience 10 days. I feel that it has taken me to a different dimension as a mindfulness teacher trainee. Thank you very much.*

“

*There were different transformations in my automatic thinking. I began to look at the difficulties I was experiencing differently. The impact of my daily practice was reflected in the retreat. The importance of regular practice became clear.*



# REQUIREMENTS

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Previous retreat experience is not necessary to participate in this retreat. However, participants should have experience in meditation and preferably in mindfulness meditation. This might include (but is not limited to):

- Participation in an 8 week course on MBSR, MBCT, MBCL, MSC or other mindfulness based program
- Regular practice in a mindfulness meditation or other contemplative traditions that includes silent sitting meditation which may include silent, sitting meditation experience using a meditation app or other forms of instruction and practicing regularly (three times per week) for a minimum of one year
- Professionals currently in continuing a mindfulness teacher training path are welcome

**The retreat also provides an excellent opportunity for teachers of mindfulness and mindfulness-based approaches to deepen their practice.**

**Participation in this retreat fulfills the retreat requirement for joining the MBSR teacher-training program in Mindfulness-Based Stress Reduction offered by the IMA and MindCare Academy, its cooperating partner in Turkey.**

**It also satisfies the retreat requirement for other IMA MBSR teacher trainings in various countries.**



# RETREAT DETAILS

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## Dates

24th to 29th of October 2023

Check-in Oct, 24 Tue 12:00

Check-out Oct, 29 Sun 12:00

## Orientation Meeting

25th of September, 18.00 GMT + 2,  
on Zoom

Join us in our orientation meeting where you can meet our retreat leader Amir, have more information on the retreat and ask your questions.

## Fee

5 nights 5 day full accommodation and retreat fee:

**Double room – per person  
18,000 TL**

**Single room - 23,000 TL\***

*\*Single rooms are limited  
\*\*Place is limited to 35  
participants*



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# REGISTRATION



To registrate you can send an e-mail  
to  
[info@mindcareacademy.com](mailto:info@mindcareacademy.com)

Or

You can fill out the Application Form  
by [clicking here](#)

*Let's meet  
in silence...*

MindCare