



MindCare
Academy

Silent Mindfulness Meditation Retreat

June 14 - 19, 2022

5 days silent mindfulness meditation retreat with
the Institute for Mindfulness-Based Approaches
(IMA) and MindCare Academy Turkey

Registration

info@mindcareacademy.com

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Institute for

Mindfulness-Based Approaches



The retreat includes:

Teacher-led meditations

Sitting meditations, gentle yoga, mindful movement and walking practises

Teacher support

Daily talks and exchange with the teacher

Practice of silence

Immersing yourself in mindfulness and deepening of personal practice

Present moment awareness

Intense practice and silence help us notice the wandering mind and coming back to here and now with the help of senses

Clear Mind

Being alone with ourselves wakes us up to our learned automatic patterns and gives us new options to support a calmer mind and a more fulfilled life

Insight

Retreats support us to develop insight to our psyche and leads to moments of transformative moments of awakening

Continuing Professional Development

Participation in this retreat fulfills the annual meditation retreat recommendation mentioned in the Good Practice Guidelines for Mindfulness Professionals



Retreat Leaders

AMIR IMANI

Retreat Leader

KIVILCIM KIRAN

Retreat Assistant

SELİN ILGAZ

Retreat Assistant

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Language of the retreat: English, with translation in Turkish

Requirements to participate in the retreat

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

Dates

14 – 19 June 2022

Begins at 12:00 on Tuesday June, 14th and
Ends at 12:00 on Sunday June, 19th

Deadline for registration: May 20th, 2022

Cost

Double room – 9,000 TL + VAT (8%)

Single room – 11,000 TL + VAT (8%)

Registration

info@mindcareacademy.com



MindCare Academy

Retreat Center

Seshane Eğitim ve
Yaşam Merkezi
Beykoz İstanbul

COVID 19

It is required from all participants to provide a negative PCR or self test result upon arrival.

About IMA

The Institute for Mindfulness-Based Approaches (IMA) is the oldest professional mindfulness-training institute on the European Continent. Its founder and director, Dr. Linda Lehrhaupt, has been teaching mindfulness-based programs since 1983 and is recognized as a leader in the field. Since 2001 the IMA has provided trainings of excellence for professionals in the fields of health care, mental health, education, social work, human resources and other related areas.

Retreat Leader Amir Imani – Senior Faculty Member of IMA

Amir holds a Master's degree in Counseling and Adult Education from University of Toronto, Canada. He worked in mental health research at the Department of Psychiatry of the University of Toronto. Amir has been in study and practices of mind-body integration in mental health and balanced living since year 2000. He has undergone MBSR Teacher Training Certification at the Centre for Mindfulness in Medicine, Health and Society at the University of Massachusetts Medical School, and has been teaching MBSR to different groups including Mindfulness trainers, corporate staff and executives since 2005. He is the co-founder/director of the Indian based Omega Wellbeing, founding director of the only hospital-based MBSR program in the Middle East region in Iran, and a senior certified mindfulness teacher at UMASS Medical School. Amir is a senior faculty member and supervisor of the Institute for Mindfulness-Based Approaches and is active in their MBSR teacher training as a trainer and leader of retreats. Amir holds workshops and retreats internationally for public and private organizations.



Retreat Assistants: Kivılcım Kıran and Selin İlgaz

Founders of MindCare Academy and experienced mindfulness teachers and psychologists Kivılcım ve Selin will be assisting the retreat.

For more info on Kivılcım ve Selin:
mindcareacademy.com/hakkimizda



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registration:

www.mindcareacademy.com
info@mindcareacademy.com

Let's meet in
silence...

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