

### 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







### 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

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# 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



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.



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### Retreat Details

Dates

14 - 19 June 2022

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

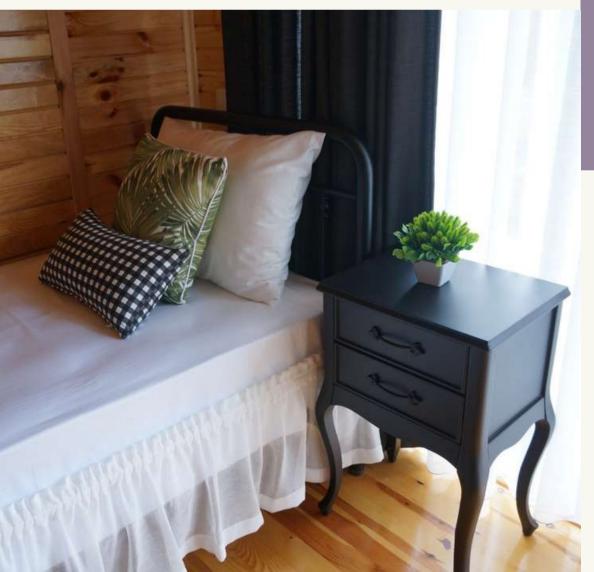
Deadline for registration: May 20th, 2022

Cost

Double room — 9,000 TL + VAT (8%) Single room — 11,000 TL + VAT (8%)

Registration

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### 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: Kıvılcım Kıran and Selin Ilgaz

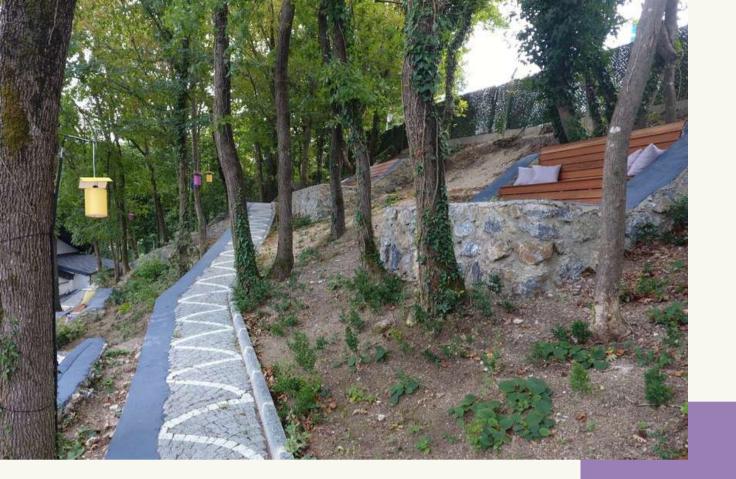
Founders of MindCare Academy and experienced mindfulness teachers and psychologists Kıvılcım ve Selin will be assisting the retreat.

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





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# For more info and registration:

www.mindcareacademy.com info@mindcareacademy.com

Let's meet in silence...

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