



## Mindfulness and Heartfulness

5-day Meditation Retreat with Dr. Julia Harfensteller  
24.10.-28.10.2018, Buddhistisches Haus Berlin-Frohnau



Cultivating a healthy mind and heart is the gateway to inner wisdom and freedom: We learn how to open up to challenges and distress in everyday life in a wholesome and com-passionate way, and to free ourselves from getting caught in our own emotional reactions.

This 4-day intensive course introduces you into the traditional Buddhist practices of mindfulness meditation including sitting, standing and walking meditation as well as loving-kindness meditation.

While mindfully listening to our inner experience, watching mental and bodily processes, you will learn to become more sensitive to present feelings, needs and wishes. Also you will find a way to change your own stress-patterns and unwholesome habits such as chewing on problems, self-

blame or pushing us to the limits. Away from hustle-and-bustle of everyday life, in a peaceful and protected environment, at Buddhistisches Haus you will find a supportive atmosphere of tranquility to dedicate yourself to the practice and discover the inner world.

The program includes guided meditations, time for self-practice, talks delivered by the teacher and group discussions. Apart from the group discussions the retreat will be in silence to provide a safe and supportive space for individual practice.

### Requirements

- Formal registration at VHS Steglitz and the willingness to participate in the entire course program.
- The course language is English and the meditation instructions are easy to follow for everyone.
- The course is suitable for both new and experienced practitioners.



## Teacher



Dr. Julia Harfensteller is meditation teacher and researcher at SAGE Institute for Mindfulness and Health in Berlin ([www.sageinstitut.de](http://www.sageinstitut.de)). She teaches meditation according to her training background in the Buddhist Theravada tradition (Vipassana). In her meditation courses she emphasizes a natural open awareness, a wise reflection of one's own experiences and an attitude of friendliness and heartfulness.

## Preliminary Program

### 24.10.2018

- 4:00 - 5:30 pm Arrival and check-in
- 5:30 - 6:30 pm Welcome and organizational questions
- 6:30 - 7:15 pm Supper
- 7:30 - 8:30 pm Introduction and Meditation

### 25., 26. and 27.10.2018

- 5:30 - 7:00 am Mindful Movement and Meditation
- 7:00 - 8:30 am Breakfast and Mindful Rest
- 8:30 - 11:30 am Working Meditation Period and Meditation
- 11:30 - 12:30 pm Talk
- 12:30 - 2:30 pm Lunch and Mindful Rest
- 2:30 - 4:45 pm Individual Practice Period
- 5:00 - 6:00 pm Light Supper
- 6:00 - 8:00 pm Evening Discussion/ Q&A and Meditation

### 28.10.2018

- 5:30 - 7:00 am Mindful Movement and Meditation
- 7:00 - 8:30 am Breakfast and Mindful Rest
- 8:30 - 11:00 am Working Meditation Period and Meditation
- 11:00 - 12:00 pm Talk
- 12:00 - 1:00 pm Lunch
- 1:00 - 3:00 pm Closing (Joint Reflection)
- 3:00 pm Packing up, Clean up and Departure

## Food & Accommodation

The Buddhistisches Haus provides double or triple bedrooms with shared WC/ bathrooms. Participants will be served breakfast and lunch as well as a light evening snack. All meals are vegetarian.



## Costs

Course Fee: 126,25 €, reduced costs: 65,50 €

Accommodation for 4 nights including meals: 180,00 €

## Registration

For the registration please proceed as follows:

1. Register at Volkshochschule Steglitz (VHS Steglitz) for the course (see contact and course details below). At your registration you will be asked to fill in a personal questionnaire for the course teacher.
2. Pay the accommodation fees to Buddhistisches Haus (details see below)

**Registration deadline: 17.10.2018**

### Details VHS Steglitz

You can enroll online or at the office in Steglitz. Please do not hesitate to call the VHS if you have further questions regarding the registration.

Victor-Gollancz-Volkshochschule  
Steglitz-Zehlendorf  
Markgrafenstraße 3  
14163 Berlin

Tel.: 030 – 90299 5020  
Fax: 030 – 90299 5040  
service@vhssz.de  
www.vhssz.de

Course details (needed for registration):

SZ320-407 Dr. Julia Harfensteller, 24.-28.10.18, 45

### Details Buddhistisches Haus

Account name: Das Buddhistische Haus  
Bank: Commerzbank  
IBAN: DE10100400000923343800

Reference: Seminar Julia Harfensteller Oktober 2018