



11. - 13. May 2018 • Lebensgarten, Steyerberg, Germany  
**Mindfulness, Zen, and Psychotherapy**

**Inquire into Mind and Soul with the Will of Your Heart**

**Mindfulness, Zen and its Practical Application in,  
Humanistic, Body-Oriented and Transpersonal Psychotherapy**  
*(in German with English translation if needed)*

This seminar offers a deep understanding of the concepts of Mindfulness as practice of observing one's inner experience, fully aware and non-judgmental and also offers tools to transfer these insights into positive actions for the personal and professional life.

Gregory Bateson described: *"Mind is the essence of being alive. It is a pattern of organization."*



With Zen and the body-oriented and mindfulness-centered approach of **Core Evolution** we will explore how we structure this organization and we develop reactions patterns that can then be triggered by internal or external events.

Mindfulness has been practiced for over 2,500 years. Present neuroscience documents positive changes in neuronal patterns, which is why psychotherapy adopted it as a powerful tool to successfully approach situations like anxiety, depression, PTSS/PTSD, psychosomatic or interpersonal issues, and many other situations.

***"The healing from attachment is not de-tachment, but presence!" - Siegmund Gerken***

Mindfulness in a therapeutic setting is best learned and applied in the authentic practice and experience.

Zen Master Roshi Rei Ho will guide us in the direct setting and practice of Mindfulness and Meditation. The environment of the Rinzai Zendo, the economic accommodation and communal atmosphere in the Lebensgarten will offer great support to the process.

This seminar will cover teaching, direct applied practice in form of meditation, breathing, movement, individual and group processes.

**We address:**

- The Principles and Practice of Mindfulness;
- Mindfulness and the understanding of Self in Western and Buddhist Psychology;
- Neuroscience and Mindfulness;
- Mindfulness and its integrative applications in the wide spectrum of Psychotherapy;
- Stress- and Burnout-Prevention;
- Health and psychosomatic issues;
- Mindfulness of relating.

**Place:** Zen Zendo, Lebensgarten, Steyerberg, Germany (between Minden and Hannover)

**Times:** Friday, May 11 15.00 - 18.30 and 19.45 - 21.30

Saturday, May 12 7.00 - 8.00; 9.15 - 13.00; 15.00 - 18.30; 19.45 - 21.15

Sunday, May 13 7.00 - 8.00; 9.15 - 13.30

*20 hours of intensive experience, learning and transformation*

**Fee: Early enrollment: until 1. 15. April 2018 € 275**

**Regular price:** after 1. 15. April 2018 € 325

(does not include room and board, which you can arrange directly with

Lebensgarten, 05764-2370 <http://lebensgarten.de/seminarkalender/?id=&ord=&semlid=170417>

**For further questions and registration please contact** [info@lebensgarten.de](mailto:info@lebensgarten.de)

<http://www.lebensgarten.de> oder [Info@CoreEvolution.com](mailto:Info@CoreEvolution.com)

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