

MINDFULNESS RETREAT WITH JOEL & MICHELLE LEVEY

AN UNIQUE EXPERIENCE IN NATURE

9 to 11/12 October - La Bartra (Southern Catalonia)

Bringing a deep wisdom, clarity and balance to our live, relations and communities



This retreat is aimed at people who want to develop greater awareness of reality and oneself in order to give appropriate responses in times of volatility, complexity, uncertainty and ambiguity. Participating in this experience will also allow you to be in contact with people who want to create a better future.

DATES

Option A

Beginning: Friday 9-October at 17:00
(Arriving around 15:00 – 16:30 at event location)

Ending: Sunday 11–October at 18:00

Type of accommodation: Full board

Option B (recommended)

Beginning: Friday 9-October at 17:00
(Arriving around 15:00 – 16:30 at event location)

Ending: Monday 12 –October at 18:00

Type of accommodation: Full board

JOEL & MICHELLE LEVEY - <http://www.wisdomatwork.com/>

The retreat will be led by Dr. Joel Levey and Michelle Levey (the Leveys), two pioneers in the modern world "mindfulness movement" and two of the first people in the western world to introduce mindfulness and contemplative science in large organizations (Google, NASA and Unilever), universities and the worlds of medicine, sport, etc. The success of his pioneering work has opened the way for many others who came later in these work areas vital to our world.

The Leveys studied and practiced the most remarkable masterpieces of mindfulness in their different traditions Jack Kornfield, Joseph Goldstein, Sharon Salzberg, Dipama, Munindra, Goenka, Thich Nhat Hanh, Ruth Dennison, Robert Hover, Stephen Levine, Joanna Macy. Among his publications, which have been translated into more than 10 languages, are the bestsellers "Wisdom at work," "Mind-fitness" and the last "Living in Balance," which includes all their accumulated wisdom.

THE RETREAT CONTENT

We envision this retreat as providing a rare and precious opportunity to develop and deepen our practice of mindfulness, compassion and mindfitness with a focus on strengthening ourselves as aspiring and inspiring leaders for the communities that we serve.

This is a special time for participants to dive deeper into the “sweet territory of silence”-- to experience and explore the subtler dimensions of mindfulness and mind fitness practices necessary to access and integrate greater wisdom, wonder, compassion, creativity, embodiment, authenticity, selflessness, and clear, inspiring presence into their lives, work, and roles as leaders.

The retreat will offer:

- Guided meditations
- Inspiring teachings illuminating the fine points of practice and ways to profoundly deepen and integrate these contemplative views and methods into our complex daily lives and work
- Time in nature
- Morning moving meditation
- Mindful walking
- Mindful eating
- Mindful dialogue and deep reflection
- Compassion meditations
- Time for mindful journaling or creative exploration
- Opportunities for 1-to-1 interviews with the teachers

Toward the end of the retreat (3rd day in OPTION B-recommended), special attention will be given to exploring ways mindful leaders can deeply integrate their inner-work with their dynamic work within organizations. You'll come to appreciate the ways that mindfulness can be integrated into organizations either as a helpful feature or app that is used occasionally by some, as compared to ways that mindfulness and mind-fitness training can become an actual organizational operating system that embraces and inspires virtually every interaction and process of daily work-life, allowing a deeper wisdom, compassion, and creative spirit to pervade your whole organization.

What you'll learn:

- Discover how mindfulness principles, wisely applied, can help increase your capacity for presence, clarity, thoughtfulness and compassion in every domain of your life.
- Rather than feeling overwhelmed by life's perceived lack of time and space, you'll learn how to cultivate a greater sense of spaciousness, flow, and choice to live your life truly "on purpose."
- Gain new perspectives and profoundly practical techniques that can be skillfully applied in alignment with the highest ideals, objectives, and purposes of your work and your organization.
- Experience the power of shared mindfulness to mobilize collective intelligence and wisdom, bringing full presence and authenticity to your work and interactions.

Language: English and translation to Catalan or Spanish

THE PLACE- LA BARTRA

<http://www.labartra.com/>

La Bartra, at the heart of Prades' mountains in Southern Catalonia, at an altitude of 725 meters, is one of those special places where nature has been generous in creating fanciful shapes: canyons, cliffs, hills, streams and sources, intertwining in perfect harmony and simplicity.

Splendid setting where light, greenery, water, stillness, wild environment and mild climate make us more motivated every day to make this space known and share it with those who are sensitive and respectful toward the environment.

La Bartra is a friendly place with a long history dating back to the Neolithic period and the Iberians. The mountain peasantry settled here in the eighteenth century and stayed until the sixties of last century. The small village made up of five families, was left empty and deteriorated progressively... Eighteen years later, a new phase began when part of the building was restored and people settled again and carried out organic agriculture.

HOW TO REACH LA BARTRA

<https://sites.google.com/site/labartra2/on-estem>

LIVING IN LA BARTRA

Rooms: <https://sites.google.com/site/labartraen/installations>

La Bartra has different buildings with rooms for 1,2,3,4,6 persons, a big communal room and small wooden houses attached to main buildings.

The Organization will distribute participants in the different rooms.

Important!:

- You must bring linens for bed 90x190. Alternatively you can also bring a sleeping bag. Pillows, pillowcases and blankets are provided.
- You must also bring a towel.

Food: La Bartra has a communal dining for 40 people. After each meal, everyone washes dishes. The food is vegetarian and can adapt to vegan people.

Internet: available at the library

Guidelines: <https://sites.google.com/site/labartraen/guidelines>

Weather: All rooms and common areas have heating but in early October weather is usually very mild. Even it would be possible to use the two natural swimming pools. Bring a swimsuit, just in case!

REGISTRATIONS

1. Pre-Registration:

- Send an E-mail to retirleveys@gmail.com with your name/s and surname/s and the chosen option (A or B) and wait till organizers mail you.

2. Registration (once you received the organizers confirmation):

- **Retreat registration fee payment** (see bellow or in the registration form).
- **Send filled registration form (one per person) and copy of the bank payment to retirleveys@gmail.com.**
- *Organizers will send you a confirmation of your registration.*

Important!:

- **“Early bird” registration:** till 25-September
The registration date corresponds to the bank transfer order.
- **Accommodation will paid in cash in La Bartra.**

PRICES AND PAYMENT

	OPTION A From 9-OCT at 17:00 to 11-OCT at 18:00		OPTION B Recommended From 9-OCT at 17:00 to 12-OCT at 18:00	
"EARLY BIRD" REGISTRATION <u>Till 25-September</u>	250 €		350 €	
	Fee 150 €	Accommodation 100 €	Fee 200 €	Accommodation 150 €
REGISTRATION After 25-September	300 €		400 €	
	Fee 200 €	Accommodation 100 €	Fee 250 €	Accommodation 150 €
Full board accommodation – paid in cash in La Bartra				

FEE PAYMENT

Bank transfer to- IBAN: ES98 2013 1240 1602 0007 2114

Information to include in the bank transfer:

- "Participant Surname"-Leveys. If the payment belongs to two participants then:
"Participant 1 Surname"- "Participant 2 Surname"-Leveys

FEE REINBURSEMENT

Till 25 SET, previous notification to retirleveys@gmail.com.

ORGANIZERS AND CONTACTS

This event is part of the Hub Co-evolution activities. Hub Co-evolution?

During the last two and a half years, the Campus of International Excellence Southern Catalonia (CEICS), coordinated by University Rovira i Virgili (the public university of Southern Catalonia region) has promoted several initiatives related advanced evolutionary competences for change at individual and collective levels: intrapersonal, relational and collaborative. From these initiatives emerged a community of people interested in teaching, learning, sharing and implementing these competences in personal, professional and social environments. On 22nd November 2014, the energy generated so far crystallized in the birth of what is called Co-evolution Hub, an open community aimed to accelerate the effective embeddedness of these competences in our society.

ORGANIZING CO-EVOLUTION HUB TEAM

Jordi Cartanyà, Carles Castellote, Gabriela Espinosa, Teresa Màrmol, Anna Santo, Anna Segarra, Olga Segú, Karina Simieli

CONTACT: retirleveys@gmail.com