

COMPASSIONATE MIND TRAINING

A PERSONAL PRACTICE WORKSHOP
WITH PROFESSOR PAUL GILBERT OBE
AND MARGRET ARNLJOTSDOTTIR

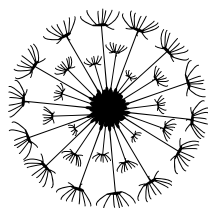
INTENSIVE COMPASSIONATE MIND
TRAINING AND MEDITATION RETREAT
AT GOLFSKALINN GRAFARHOLTI, REYKJAVIK, ICELAND
THURSDAY 19th TO SATURDAY 21st OF JANUARY
HOURS: 9.00-17.00
Price: 68.000 isk

This experiential workshop retreat will focus on personal practice. Together we will directly experience mindfulness and compassion practices drawn from a synthesis of Western therapeutic and Buddhist approaches taught by world renowned psychologist and CFT founder, Dr. Paul Gilbert OBE and Margret Arnljotsdottir who is a clinical psychologist, compassion and mindfulness teacher in Iceland. By integrating mindfulness into the practice of compassion, we will find a step by step approach to cultivating our inner compassionate selves and living our lives with deep purpose and courage. This workshop will be full of simple, yet powerful, personal practice exercises. This training will give participants a direct experience of how being compassionate towards self and others can transform our minds and lives. We will explore how cultivating mindful compassion helps us to experience more self warmth, safeness and acceptance of ourselves and others.

We will spend our retreat time together at Golfskalinn Grafarholti. It is extremely rare to play golf in January in Iceland but the setting is in a peaceful surrounding at the outskirts of Reykjavík. Meals included.

To register, [please click here](#)

Further information: annadora@nuvitundarsetrid.is



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