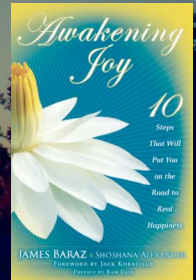


AWAKENING JOY

Residential Weekend Retreat
4 - 7 August 2011

Featured in
O Magazine,
Yoga Journal,
Huffington Post

Develop your **Natural** Capacity for
Well-Being and Happiness!



mindful balance

has the great pleasure to announce a very unique English-speaking workshop:

Awakening Joy

A 4-day course led by author & meditation teacher **James Baraz**, co-founder of the renowned *Spirit Rock Meditation Center* in Woodacre, California & life coach **Jane Baraz**, founding board member of *Spirit Rock*.

Over 10,000 people have taken this interactive course (also available as an online course).

Themes

Clarifying your goals and purpose, gratitude, working with difficulty and suffering, learning to love yourself, generosity, sympathetic joy, and more

What's Offered

Interactive activities, introduction to meditation, access to swimming pool, parking, beautiful walking paths and scenery, delicious meals (incl. in accommodation), optional daily Tai Chi morning classes

Location

Kientalerhof: in the beautiful 'Bernese Oberland'

You Will Learn To

- Develop awareness of what brings true happiness
- Increase your gratitude and appreciation for life
- Strengthen your relationships
- Integrate valuable practices into your everyday life
- Use practical tools to develop wholesome states and increase joy

Early booking is recommended!

For more information, please send an e-mail to awakeningjoy@gmail.com or visit www.awakeningjoy.info

To register, please e-mail info@kientalerhof.ch

Course Fee

CHF 380

Accommodation

Several options are available depending on preference & personal budget. Accommodation cost (room & meals) will be charged independently of the course fees.

Kientalerhof

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