



Meditation, Grace and Nature

Workshop with Marianne Bentzen

on Corfu, October 16-21, 2022



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This training is a unique opportunity for professional and personal introspection, for deepening your meditation practice and increasing your sense of spiritual connection. The training will be held at the yoga center Alexis Zorbas on the Greek island Corfu. The center is located in the middle of the tiny village of Arillas, about 35 km away from Corfu Town and its airport.



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5-day meditation training with two days meditation, one day off and three days meditation

Marianne will lead this 5-day meditation training focusing on a spiritual structure of deepening our connection to spirit and presence. She will use modern brain research and practices from modern developmental psychology and psychotherapy. There will be time for exchanges and discussion along the way. Weather permitting, we will also practice outdoors. For the first two days, we will focus on meditation practices that connect us to the word-less beauty and grace of earth, ocean, and sky.

Then there will be a day to practice individually, or to rest, explore or enjoy the island. During the last three days, we will continue into a deeper sense of connecting to the wordless parts of ourselves and to each other, leaning into the sense of spirit – into grace.



Contents

- Through guided meditations, we will practice deepening into a heartfelt witnessing of our experience
- Through movement and interaction exercises, we will practice some of these attitudes in interaction
- In group exchanges with Marianne, we will make space to explore emerging personal experiences and find ways to balance or adjust experiences that need it
- With an ancient mandala exercise, we will practice versions of a meditative tool for resolving emotional or mental conflicts

The format of this training will alternate between meditations, practical exercises, theoretical presentations and discussion.

The workshop is open to

Body oriented psychotherapists, body therapists, SE practitioners and SE students, as well as other professionals with some knowledge or interest in the development and exploration of their meditation practice. Meditating partners are also welcome!

Marianne Bentzen



Psychotherapist MPF, author.

Marianne is a somatic psychotherapist and author who has worked with clients as well as taught and supervised mental health professionals internationally since 1982. She has presented at more than forty international and national conferences and written numerous articles and books. Since the early 90's, she has co-developed NeuroAffective Developmental Psychology (NADP), bridging personality development, brain development, trauma theory and evolutionary psychology. Meditating since the early 90's as well, she connects psychology and psychotherapy with meditative practice and wisdom research.

NEW BOOKS:

German: Neuroaffektive Meditation (September 2019)

Danish: Mødeøjeblikke i psykoterapi med børn (October 2020)

English: Neuroaffective Meditations (January 2022)

Practical information

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| Date | October 16-21, 2022 - A six-day time frame: five training days with Marianne Bentzen and a day off on day 3. Arrival / Departure on Oct.15 / 22 |
| Workshop fee | € 560 (no VAT acc. to German UStG §4 Nr. 21 a) bb)) |
| Registration | Final registration no later than August 1, 2022. Registration is final when the workshop fee is paid. |