International Summer Retreat with Acem's Founder

16–23 July 2022

Acem International Retreat Centre, Halvorsbøle, Norway

Where we meet this summer

Update your meditation practice
Strengthen your meditation habit
Recharge your batteries

Exciting encounters

Contact across cultures

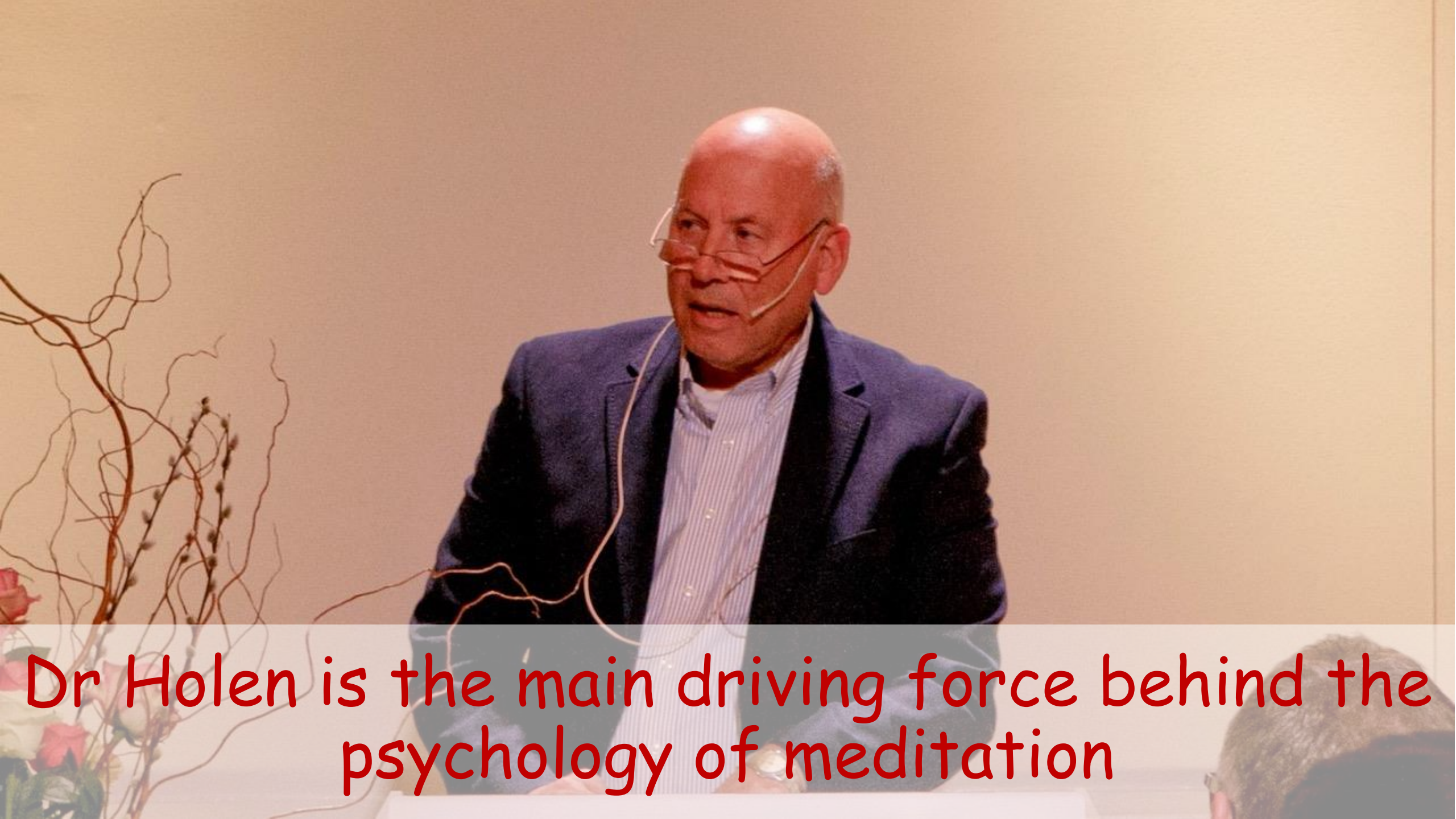
Morning meditation in your room

Training in meditations above 3 hours

Afternoon group meditations

Interactive seminars with Acem's founder Dr Are Holen

…based on questions from audience



Dr Holen is the main driving force behind the psychology of meditation

All seminars are translated into German, Spanish and Chinese

Guidance groups in English, German, Spanish, Chinese and Scandinavian

Guidance
helps to
resolve
meditative
challenges

Meditative yoga makes body and mind more receptive

Social activities in an international setting

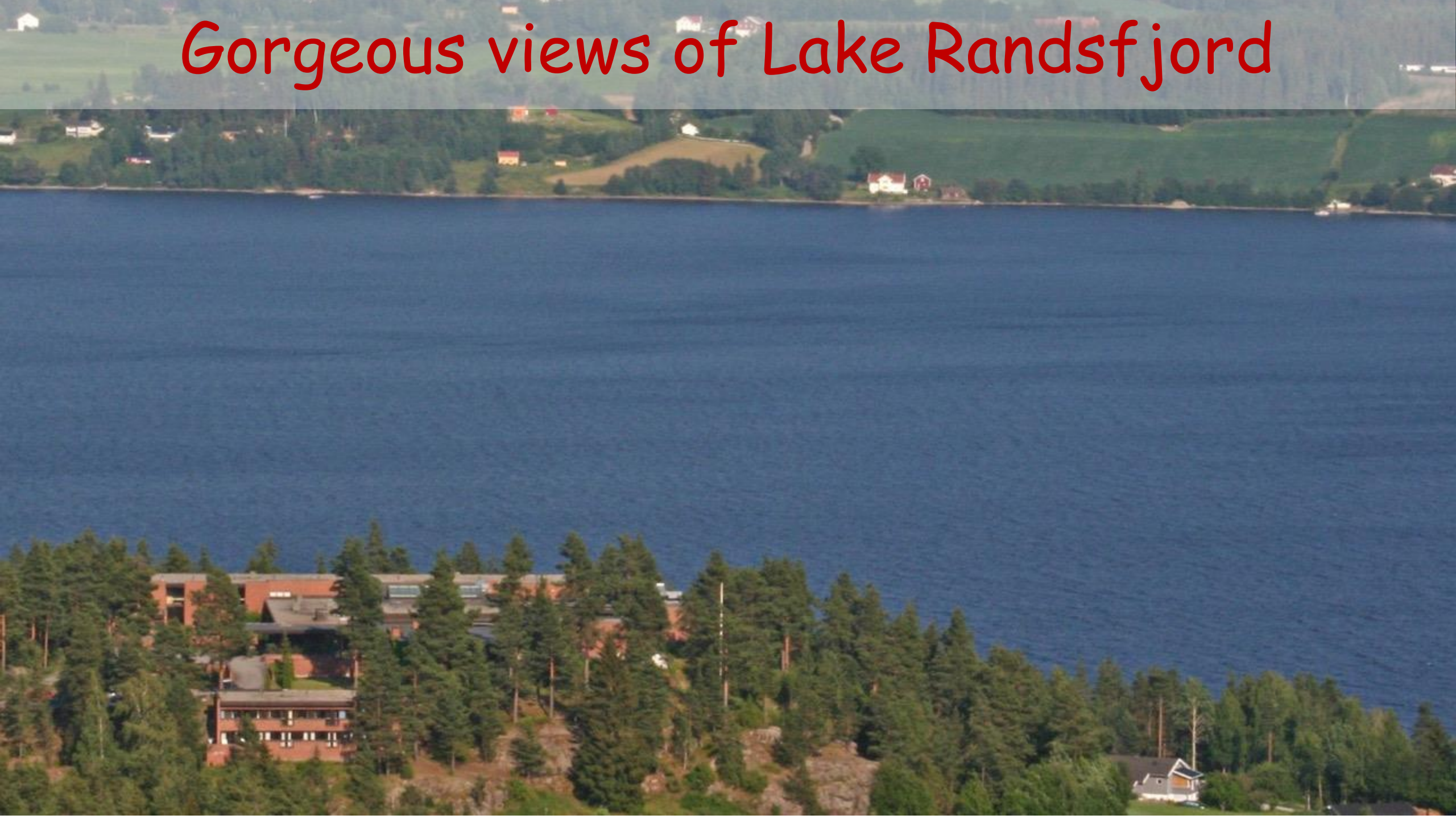
Ample time for social encounters

Welcome to Halvorsbøle
Acem International Retreat Centre

...a place with centuries of history

Delicious lactovegetarian food

Gorgeous views of Lake Randsfjord



Halvorsbøle and Lake Randsfjord in the distance

Wonderful walks in the Norwegian woods

Swimming in Lake Randsfjord

Looks like a Norwegian fairy tale

…or a painting by Edvard Munch

Excursion to Kistefos Museum

…with its famous sculpture park

…and fascinating installations

Learn Acem Meditation at the retreat

Combine this retreat with a deepening retreat next week at reduced fee

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