

*„Anchor of Peace“*

**Fr. 10.4.26 - Su. 12.4.26**

Weekend Retreat in Mindfulness

With **Gerit Stöcklmair**



*Only in a calm pond is the light of the stars reflected.*

*(Chinese proverb)*

### **Course description:**

This weekend is an invitation to focus on mindfulness of the body with curiosity and openness, so that we can accept the present moment with more calmness and kindness.

Regardless of what that moment looks like.

The mindfulness teaching (Satipaṭṭhāna) speaks of four areas in which we can practice mindfulness.

The first area of mindfulness deals with the body in all its forms, perceptions, and positions: sitting, standing, and also in motion.

I invite you to pause and let go of our busy world for a short time so that we can return to ourselves, right where we are.

Being present enriches our lives, makes them more vibrant and worth living. When we find the body as an anchor to the present, to the now, we can experience the deep silence that lives within us. Anchored in the body, we find it easier to return to this place of silence and do not get caught up in thoughts, fantasies, and fears.

Mindfulness of the body gives us peace and stability and ultimately leads to more ease, contentment, and joy in life. At the same time, body awareness allows us to see and understand the flow of inner processes. Everything flows, and we are embedded in this flow.

Inner peace and understanding enable us to bring more light into the world and allow the light that shines in the world to touch us deeply.

We meditate sitting, standing, and walking. Some of the meditations are guided, while others are held in silence. In addition, there are periods of mindful physical exercises, such as qigong, which are guided, and the weekend is supported by Dhamma talks.

The course takes place in ‘**noble silence**’ and is suitable for beginners as well as advanced practitioners.

## ABOUT GERIT



Gerit Stöcklmair has been devoted to Buddhist heart and mind training under various teachers since 1994. Trained at Bodhi College, she practices and teaches Vipassana and Metta meditation and is deeply interested in exploring the integration of Dhamma in the context of today's modern world.

She is co-founder of Copenhagen Insight Meditation, where she also teaches, and works as an integral psychotherapist, body movement therapist, and psychotherapist specializing in trauma and dissociation.

More about Gerit at [www.gerit.dk](http://www.gerit.dk)

## FEES

Standard rate:

Early Bird (bookings until January 1, 2026): €270,

After that €300

The fees include seminar fees, donation for the teacher, accommodation in shared rooms (max. 4 people) and vegetarian full board.

Reduced rate: €200

For students and trainees (please make a note of this when registering and submit confirmation of your training by email).

Those who are interested but unable to attend a course for financial reasons (no or low income) may be granted a reduction after consultation with the center.

Participation is also possible without accommodation/meals.

Corresponding total cost reduction:

Accommodation = €30 Meals = €55

Registration deadline: March 15, 2026

Please indicate any food intolerances when registering.

## **REGISTRATION**

**Advance payment by online transfer to:**

Julika Weber

BIC: GENODEM1GLS

IBAN: DE28 430609677912914800

BANK: GLS Bank

**Contact for questions:**

Julika Weber (Organiser)

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## **DATES**

Fri, April 10, 2026, to Sun, April 12, 2026

Begins Friday at 6:30 p.m. with dinner.

Ends Sunday at 1 p.m. with lunch.

## **CANCELLATION POLICY**

Up to 4 weeks in advance, you will receive a 50% refund of the participation fee. After that, unfortunately, no refunds are possible.