



UNIQUE DOUBLE RETREAT EXPERIENCE

IN THE ARCTIC WILDERNESS OF FINNISH LAPLAND

Winter Darkness & Northern Lights (Aurora)
in Tankavaara Jan 6th - 12th, 2020

contrasted by

Summer Retreat with 24-hour Daylight
in Saariselkä June 29th - July 5th, 2020

Led by Mindfulness Teachers Bob Stahl and Jan Landry,
assisted by Leena Pennanen

Both retreats can be easily accessed via the Ivalo Commercial Airport (IVL).
Further details and registration: <https://mindfulness.fi/silent-mindfulness-retreats-lapland-2020/>

These retreats are accepted as a part of the requirements of
the MBSR teacher training at Brown University Mindfulness Center
and CFM UMass Medical School



After years of planning and preparation, we are extremely happy to be finally able to offer you this very unique experience of a two mindfulness silent retreats in the arctic wilderness of northern Finland. Above of the Arctic Circle, where in summer the sun never sets and in winter only briefly touches the horizon at midday, where you will enjoy the cleanest air on the planet and unlimited nature, we will offer two 6-day silent mindfulness retreats and practice together.

Silence in the arctic is a truly different sensational experience. The retreat setting will offer you the opportunity to fully open up into your own heart and grow in wisdom and compassion. It is rare to be in the arctic, practice meditation and to sit, stand, walk, and lie in the mystery and deep silence of this truly profound and amazing natural setting, connecting deeply with nature, to the deep silence and the joy that arises from there.

The first retreat will take place in deep winter in the old gold panning village of Tankavaara. Experience a pristine nature covered by snow and ice, turn inside and prospect for the gold in your heart. This is also one of the very few spots on earth, where you may be able to experience the Northern Lights (Aurora Borealis). You will never forget this majestic play offered by nature, to be seen only on the most northern skies.

The summer retreat will offer you the opportunity to enjoy the beauty of the midnight sun, 24-hours of daylight, and the amazing richness of nature that unfolds from under the snow in only a matter of a few short weeks. The retreat is located in Saariselkä, one of the most beautiful hiking and outdoors destinations in all of Lapland. Saariselkä is only a 20min bus ride away from the Ivalo airport.

One of the main ideas behind these two retreats is to allow you to feel the amazing contrast and difference that nature offers us in these arctic areas within meditative practice. Should you, however, not be able to join us for both of these occasions, you are of course more than welcome to attend just one of these very unique opportunities.

Both retreats will be led by Bob Stahl, Ph.D. and Jan Landry and assisted by Leena Pennanen. Bob has led multiple silent retreats in Finland and the feedback has always been very enthusiastic. He serves as a senior teacher for the Brown University Mindfulness Center and the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School where he teaches MBSR teacher trainings and retreats. Bob is the guiding teacher at Insight Santa Cruz and visiting teacher at Spirit Rock.

Jan Landry, BSN MA, has worked in the field of hospice care both as a nurse and as a chaplain, for over 30 years. Her work in the field of death and dying, serves as an ongoing reminder of how precious each and every moment of life is, and informs her meditation practice which has developed and deepened over many years. She is a yoga practitioner, a student of the Rishwan School and of life. As a teacher of mindfulness meditation, she hopes to support others in cultivating a practice of mindfulness that fosters awareness and deep listening to the inner wisdom of one's own heart.

The retreats are located close to the commercial airport in Ivalo (IVL), Lapland. The destination can easily be accessed by flights via Helsinki airport. Direct flights exist also from some major European destinations. For more information on travel, accommodation and registration please visit: <https://mindfulness.fi/silent-mindfulness-retreats-lapland-2020/>

Further details
and registration:
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or contact us on:
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