

Once in a lifetime opportunity: Training and Practice in Japanese Psychology in the Bavarian Forest

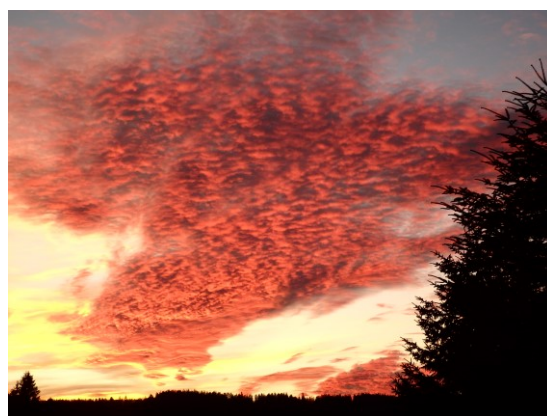


Gregg Krech, Director of the ToDo Institute, Vermont, USA is a **leading authority** on Japanese psychology and author of the award-winning book, *Naikan: Gratitude, Grace & the Japanese Art of Self-Reflection* (Stone Bridge Press, 2002).

From **Oct. 20 - 27, 2024** he will conduct his inimitable Certification* Program, in which he provides training and practice in **three methods** of Japanese Psychology, **Morita Therapy, Naikan & Kaizen**.

The program is unique in its design, structure and content. Participants (usually between six and eight per program) live in community with one another during the 7 days of the program, **putting the principles of Morita Therapy and Naikan into practice** and discovering what that means for them as individuals and for their relationships with one another.

The curriculum of this program is broad, powerful, and **relevant to both our everyday lives and our grandest dreams**. The core material, presented each morning, stimulates a rich and thought-provoking discussion amongst participants. Afternoons include a **personalized daily individual session**, as well as experiential opportunities to use the material, through a wide variety of assignments, exercises and practices. There will be time for daily **meditation, self-reflection and physical exercise** as well.



What to Expect:

- ✓ An introduction to Japanese psychology based on Morita Therapy, Naikan & Kaizen
- ✓ A rigorous experiential program that will support you both personally and professionally
- ✓ Highly **qualified teachers** with a combined **60 years of experience**
- ✓ Coexisting with unpleasant feelings and thoughts
- ✓ The mechanics and skillful use of attention



Sabine Kaspari
Siebenellen 23 | Info@Naikan-Zentrum.de
D-94568 St. Oswald | www.Naikan-Zentrum.de
Telefon: 0049(0)85 52 ● 975 49 10 | Mobile: 0049(0)179 ● 209 14 39



- ✓ Daily, personalized individual instruction tailored to your own goals, questions and challenges
- ✓ Applications such as parenting, relationships, weight loss & addictions
- ✓ Studying the connection between suffering and self-preoccupation
- ✓ The body's influence on the mind
- ✓ Relationships: Conflict resolution, reconciliation and long-term intimacy
- ✓ Resolving conflicts
- ✓ Evenings of music, humor and good company
- ✓ and a lot more...

Last time's participant:

“Prepare for lots of inspiring teachings and thoughtful talks that reach down into the depth of your being. Expect many lively debates that make you come alive 100%, experimental cuisine on a daily basis, very interesting dinner table conversations indeed, tons of warmth and support from the people around you, a good deal of subtle and sometimes less subtle guidance by Linda and Gregg. Don't hesitate a second to register for it. It's money and time very well spent.” - Barbara Buri, Switzerland

Your **compensation** is € 1,550 all inclusive (guidance, accommodation, meals, taxes...) except travel costs.

[More information](#) and how to sign in.

*For those interested in **Certification in Japanese Psychology**, please note that the certification program provides 96 of the 162 credits needed to complete the process.



www.naikan-zentrum.de

