



*Join us for an extraordinary eight days!*



A very **unique opportunity**, as for the first time this program is held by Sabine Kaspari, in cooperation with the [ToDo Institute](#), Vermont, USA, assisted by Ieva Leimane.

While living together in a community setting, each participant will **integrate** the principles of **Morita Therapy and Naikan** into their own unique experience, while also discovering the **impact** of the work on the community as a whole.

The content of this work is challenging, interesting and profound. The community is filled with supportive energy. The days are rich and thought-provoking. And the environment is filled with nature's beauty.

**What you can expect:**

- A beautiful **quiet setting** conducive to self-reflection
- Highly **qualified teachers**, assistants with a broad range of experience
- Healthy and delicious **vegetarian meals** that you will help to prepare
- Daily periods of **morning meditation** and evening self-reflection
- Daily **exercise** and work periods to help strengthen your body and mind
- Access to **books and materials** on the themes
- Daily, **personalized individual instruction** tailored to your own goals, questions and challenges
- **Camaraderie**, music, challenge and laughter
- At least once during this week **Gregg Krech and/or Linda Anderson Krech** – the [Program's Originators](#) of ToDo Institute, Vermont – will join us by Zoom.



## Cost

Prices range from € 1.220 to € 1.580, depending on your income (no need to proof), including guidance, room, board, drinks, snacks, VAT and guest card. Not included are travel expenses.

## Credit toward Certification in Japanese Psychology

Successful completion of the program provides 64 credits (of 162) toward Certification in Japanese Psychology by the ToDo Institute.

## How to register

Join in by calling Sabine +49(0)8552 975 49 10 or sending a mail to [sabine@naikan-zentrum.de](mailto:sabine@naikan-zentrum.de). You will get further information then.

## Teaching Staff



**SABINE KASPARY** is director of the Naikan Center Bavarian Forest and has been guiding Naikan retreats since 2007. In 2008 she met Gregg and joined the ToDo Institute's community. She participated in many online courses, assisted at various retreats in Vermont and at the first Certification Program in Europe in 2018 which she had organized. The same year she guided a similar program and became certified in Japanese Psychology. Sabine has been working in adult education sector for more than 25 years and is actually preparing for exams in "Naturopath in Psychology".

She is the author of ***Naikan and the Art of Living Peacefully***, loves forests, trees, hiking, dancing, cooking & decorating vegetarian food, and photography.



**GREGG KRECH** (will attend by Zoom at least once during the week) is widely recognized as one of the leading authorities on Japanese Psychology in North America. Over the past 35 years, Krech has introduced the principles of Japanese Psychology, particularly Morita Therapy, Naikan, and Kaizen, to thousands of people through his workshops, speaking engagements, online courses and retreats. He is the author of numerous popular books, including ***Naikan: Gratitude, Grace & the Japanese Art of Self-Reflection, The Art of***

***Taking Action, Question Your Life*** and many more.

He currently lives in Vermont with his wife Linda and their dog Betty (with occasional visits from his two adult daughters). He enjoys writing haiku, baking bread and playing blues piano.



**Ieva Leimane:** In 2020, the year of isolation, worries and uncertainties, I unexpectedly found myself disconnected and alone. Just out of curiosity, I took up the study of Japanese Psychology at the American ToDo Institute, and got my certificate in 2024. The very first course "Working with your attention" reminded me how to be creative, to be outside, to reconnect - I met people, discovered things, learned new skills. Along the way I studied mindfulness and mindful art and got my certificate in 2023. I thrive on teaching, collaborating,

and sparking creative confidence to reconnect with. Inspired by nature, you'll often find me solo walking and hiking. Practicing acceptance, being mindful, noticing world around me have become an important part of my life and help me to stay grounded.