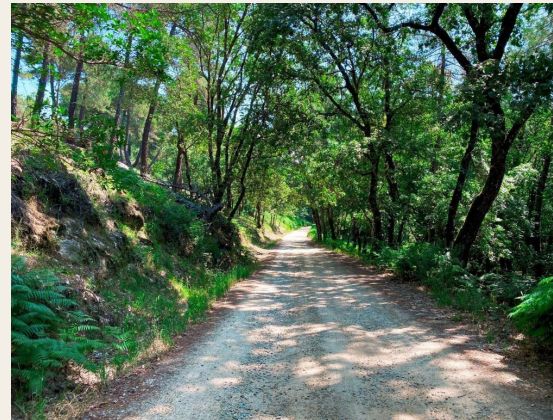


RETREAT · SPAIN · 2026

Naikan in Spain

A Transformative Experience

*Seven days of stillness, self-inquiry, and quiet beauty
in the heart of the Sierra de Gredos.*



静
心
内

DATES

**13 – 19 July
2026**

LOCATION

El Cielo de la Vera
Sierra de Gredos, Spain

内

naikan · looking inside

Reserve your spot: office@naikan-reset.com / tel. +43 664 813 1016

A Practice. A Sanctuary.

内 The Naikan Method

Naikan is a Japanese practice of structured self-reflection. In silence, the mind softens — and the heart begins to see clearly. The work rests on three quiet questions:

- 01 *What have I received?*
- 02 *What have I given?*
- 03 *What difficulties have I caused?*

WHAT EMERGES

- **Clarity** — *A quieter mind, sharper sight.*
- **Gratitude** — *The ordinary, suddenly luminous.*
- **Peace** — *Reconciliation with what is.*

山 El Cielo de la Vera

Tucked into the Sierra de Gredos, our retreat home unfolds across three hectares of exuberant nature — a sanctuary of extraordinary comfort, far from the noise of the world.



WHAT IS INCLUDED

- Six nights of comfortable, private accommodation
- Full vegetarian board, prepared with care
- All Naikan instruction & individual guidance (in English, Spanish or German)

YOUR GUIDES · RESERVE YOUR PLACE

師

Held by Four Voices.

A circle of teachers across traditions — guiding you, gently, toward what is already within.



Prof. Akira Ishii

Naikan Master · Japan



Osho Ernst Stockinger

Spiritual Teacher and Naikan Guide



Christof Jestl

Naikan Guide



Maximilian Hödl

Host · Naikan Guide

INVESTMENT

€1,400

All-inclusive · per person

Scholarships are available for eligible participants.

QUESTIONS? CONTACT US

Maximilian Hödl

max.hoedl@icloud.com
office@naikan-reset.com
Tel. +43 664 813 1016



**13-19
JULY
2026**