



Contemplative Group Dynamics

Retreat at Eremo di Ronzano Bologna 3-10 August 2024

This will be an intensive contemplative group experience at the Hermitage of Ronzano. It will be an opportunity to practice mindfulness in silence complemented by periods using speech to describe in real time one's experience. One's description then intersects with that of other members so that attention is extended from subjective toward intersubjective experiencing, from the private to the shared.



We will practice the four foundations of mindfulness: sensations; feeling tone; cognitive and affective content of mind; and experience. Ample space will be given to sharing dreams.

Observing and sharing these phenomena serves to ground attention in the present moment and reduces the wandering of mind.

- A. **Short Talks will be given on the:** four foundations of mindfulness, the role of language and speech, affective resonance and the nature of the dream.
- B. Individual interviews will be held to support and clarify participants' practice
- C. Yoga and walking meditation will be integrated into the schedule.
- D. An experienced massage therapist will be available for those who may benefit

Criteria for entry into the retreat would be at least one day or equivalent of the training groups, and an interview. Regular mindfulness practice is required.

The setting of our retreat is Eremo di Ronzano on one of the hills commanding the city of Bologna and with a magnificent view of the Basilica of San Luca.

For booking please e-mail lawrence.ladden@gmail.com

More information on contemplativegroupdynamics.com