



'Parenting Our Selves' Communal Mindful Retreat

with Prof. Susan Bögels and Mr. George Langenberg



20-24 November 2024

09:00 – 18:00



Royal Pacific Hotel,
Tsim Sha Tsui, Hong Kong



English



Lunch and refreshments
provided

Early Bird:
HKD 12,688
15 September, 2024

Standard:
HKD 14,688
31 October, 2024



Limited spots. First come first served.

All profits from the course will be directed to Mind HK to support mental health initiatives in Hong Kong.



Holistic health expert, Mr. George Langenberg
Mindfulness and yoga trainer, acupuncturist, herbalist

Welcome any adults
to join and connect with
your inner child!



Mindful Parenting expert, Prof. Susan Bögels
Prof in Family Mental Health & Mindfulness, UvA

About the Retreat

This 5-day retreat consists of sitting and walking meditation, yoga, 'reparenting' exercises, and talks.

Once a day there is half an hour of 'Insight Dialogue' in dyads. There is also the opportunity to share experiences and ask questions to the teachers, in small groups.

The retreat will be held in a communal setting, where participants engage in the activities together.

See trainers bio and retreat details below.

Organised By:

Venue Sponsor:



MIND HK

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🌐 www.mind.org.hk



**During this
retreat on the
relationship with
our inner child,
we explore, as
Thich Nhat Hanh
calls it:**

**“The roots of our
suffering.”**

Words from the Trainers

This 5-day mindfulness retreat is in line with the Buddhist/mindfulness tradition. Susan and George are both mindfulness teachers, trained in MBSR, MBCT, and Buddhism. George is also a yoga teacher and acupuncturist and herbalist, while Susan is also a psychotherapist and professor of Family Mental Health and Mindfulness. Susan and George have provided many 'Parenting Our Selves' retreats in the Netherlands.

In this retreat we carefully examine the relationship with our inner child. The theme of the retreat is 'Parenting Our Selves'. The way we were raised (by our parents, siblings, teachers, grandparents, etc.) affects not only the relationship with our own children and grandchildren, but also the relationships with partners, colleagues, friends, clients, students, and most importantly - the relationship with ourselves. Oftentimes, experiences in our current life trigger memories of parenting experiences from the past, and we react based on these experiences, without awareness of what has been triggered.