



Meditation for fearless living – Retreat with Gelong Thubten

Thubten is a Buddhist monk, meditation teacher and author of *A Monk's Guide to Happiness & Handbook for Hard Times*.

Lindeborgs Eco Retreat

- Fri 7/3/25 14.00 - Sun 9/3/25 14.00 or
- Mon 10/3/25 14.00 - Wed 12/3/25 14.00

Join us for a transformative retreat with renowned Buddhist Monk, Gelong Thubten.

This retreat offers a unique opportunity to learn from one of the UK's most influential teachers of meditation and mindfulness, a 3-day deep-dive into the practices and philosophy presented in Gelong Thubten's latest book, *'Handbook for Hard Times - a monk's guide to fearless living'*.

Thubten will share insights from Buddhist philosophy and guide us on a transformative journey, with powerful methods for working with life's challenges. We will explore how regular meditation practice can help us to transform our thoughts, emotions and reactions, turning our difficulties into fearless steps on our spiritual journey.

Topics covered during the retreat include:

- Exploring the nature of fear and anxiety, and how to become more fearless.
- Establishing and maintaining a daily meditation practice.
- Transforming limiting thoughts and challenging emotions.
- Developing compassion and cultivating the power of forgiveness.
- Cultivating awareness, clarity and peace of mind.

This intimate and transformative retreat will take place at Lindeborgs Eco Retreat, a serene and eco-conscious space for reflection, personal growth, and healing. Offering lakes, forests, and sustainable high-quality accommodations, it's the ideal environment for deep transformational work.

Is this something for you?

Are you seeking a way to cultivate more inner peace and resilience in a fast-paced, stressful world? Have you been curious about starting a meditation practice but feel unsure where to begin or how to sustain it and take it to the next level? Do you wish to transform difficult emotions and limiting thoughts into growth, courage, and spiritual strength?

Whether you're completely new to meditation or an experienced practitioner, this retreat is open to anyone and offers valuable tools and profound insights to support your journey.

Through a combination of talks, guided meditations, and time to reflect, you'll learn how to cultivate resilience in the face of fear, doubt and anxiety, build and maintain a daily meditation practice, and turn what's difficult into opportunities for growth and transformation.

About Gelong Thubten



Gelong Thubten is a Buddhist monk, meditation teacher and author. He was educated at Oxford University, and then became an actor in London and New York. At the age of 21, severe burnout led him to join a monastery. He ordained as a Tibetan Buddhist monk in 1993 at Kagyu Samye Ling Tibetan Buddhist Monastery. He has spent over 6 years in meditation retreats, the longest of which lasted four years.

Thubten specialises in teaching mindfulness meditation internationally, in a diverse range of settings that include businesses, hospitals, schools, universities, prisons and addiction counselling centres. He gives keynote speeches at major events around the world and has been teaching for over 20 years. He is a world pioneer in the mindfulness movement, a leading voice in this field many years before the current trend emerged.

He is now regarded as one of the UK's most influential meditation teachers and has lectured at Oxford University and for large organisations such as Google, LinkedIn and The United Nations. He is also a director of meditation centres and charities and regularly leads retreats internationally.

Prices

1. Shared double room, SEK 10 900
2. Single room, SEK 13 900
3. Shared "Tiny Nature Cabin", SEK 9 900
4. Single "Tiny Nature Cabin", SEK 12 400

Shared rooms and cabins have separate beds unless otherwise requested.

The "rooms" all have a bathroom with shower.

The "Tiny Nature Cabins" have a composting toilet nearby + shower/sauna available in the Eco Barn.

What's included

The price includes accommodation, full board, all program points and VAT.

Location

Lindeborgs Eco Retreat is situated in peaceful surroundings at the end of the road, 20 km from Nyköping and 120 km from Stockholm.

www.lindeborgs.com

Registration

You can choose between March 7-9 and March 10-12.

More information and registration at www.carllindeborg.com/retreats

If you have questions or would like to receive more information, please contact Anna Witsenboer at anna@carllindeborg.com.

Programme

Day 1

14.00	Introduction and welcome
14.15 - 15.45	Session
15.45 - 16.15	Tea break
16.15 - 18.00	Session
18.30	Dinner and time for forest walk, sauna and natural swimming pond

Day 2

08.00	Breakfast
09.00 - 10.15	Session
10.15 - 10.45	Tea break
10.45 - 12.00	Session
12.00	Lunch and time to rest
14.00 - 15.30	Session
15.30 - 16.00	Tea break
16.00 - 17.30	Session
18.30	Dinner and time for forest walk, sauna and natural swimming pond

Day 3

08.00	Breakfast
09.00 - 10.15	Session
10.15 - 10.45	Tea break
10.45 - 12.00	Session
12.00	Lunch
13.00 - 14.00	Wrap up session

Warm welcome!

We look forward to welcoming you at our retreat.

The team at Lindeborgs Eco Retreat