



August 3th - 7th · 2023

SPT Deep Dive

Summer Retreat in SWEDEN

INVITATION

We invite you to an intensive SPT retreat. The intention is to explore the deeper, more subtle, and complex layers of the SPT practice and social fields. During the retreat we work with a combination of SPT, meditation, and nature exercises which all helps you to get deeper in your practice and allow you to softly get in touch with the edges of your comfort zone. The SPT Deep Dive retreat is an opportunity to give your own process some directed attention, to have the time and space for reflection and allowing yourself to stay with the not knowing.

Our focus will be on deepening previous SPT training with emphasis on getting more clarity, inspiration, and connection between meditation practice and SPT and to explore how those two kind of practices can enrich each other and your daily life and work. In general, SPT can be used in almost any situation if we focus on applying the inner capacities and life skills that we can get from the practice (rather than applying the exercises), acquiring and developing those capacities and skills will therefore be at the heart of the retreat process regardless of if your aim is a personal or a professional learning journey.

During the five days together we will get deeper into the nuances of the SPT work. Get more aware of habits. Discover stuck patterns. Lean into moments of MA. Sense into areas of more life and freedom. Play with possibilities. It is a small scale retreat, which creates an intimate space that comes with an invitation to share our vulnerability, subtlety, authenticity, and our inner raw strength. Together we refine our capacities of getting and staying in touch with ourselves, others, and nature.

*Please note, to participate in this retreat **previous SPT training is required**, see next page for details.*

THE RETREAT

The basic frames will be similar to a meditation retreat. That means that we limit our contacts with the outside world in order to deepen our individual and collective journey. We also structure the day in a way that will support a deepening process. The retreat format is offering an intense and expanded experience of a safe space, where vulnerability, subtlety, and complexity can unfold.

The overall structure of the retreat follows the five phases of a change process, as described in the awareness based learning and leadership method Theory U. Theory U will also serve as one of our main theoretical frameworks to navigate the retreat process.

We will be spending time in group as well as having solo time. There will be time for both reflection, dialogue, feedback, and silence. It will also be an integrated part of the retreat for participants to help with daily duties such as preparing food, making the tables and similar.

Read more: [SPT and Meditation](#), by Anders Fabricius, Andrea Chlopoczik and Liv Fabricius
[Looking for eagles, but finding butterflies](#), by Anders Fabricius



PARTICIPATION

The retreat design is focused on deepening an existing SPT practice. Gathering participants who are already familiar with SPT, gives us the opportunity to explore the deeper, more subtle, and complex layers of the individual and the collective practice and process. The retreat will be followed up by a Zoom call to reflect and deepen the process and the learning as well as help ground the experience from the retreat in the everyday context of the participants.

Participation in the SPT Deep Dive retreat requires that you are well acquainted with SPT. We believe you have attended the SPT Summer Retreat or other SPT basic courses, OR that you have completed an advanced SPT training program, OR you have participated in a SPT practice group or can document a SPT routine in another way (for example a letter of recommendation from a SPT teacher). It is also an advantage, but NOT a requirement, if you have a regular meditation practice. If you don't meet the requirements, we suggest you to participate in the [SPT Summer Retreat](#) (July 21nd - 25th 2023), which is a similar retreat offer that is open to everyone, regardless of previous experience with SPT.

Read more: [The Inner Capacities for Change](#), by Liv Fabricius

THE RETREAT PLACE

The retreat will take place in northern Jämtland, a sparsely populated forest and mountain district in Sweden. The houses are traditional Swedish wooden houses and they are surrounded by a big flower and kitchen garden that provides organic food as well as space for contemplation.

The property is not isolated from the outside world, as it is close to the road and there are neighbors around, however the large garden creates a feeling of protection and peace. Within a stone's throw away you will find wild nature; forest, rivers and lakes. Anders and Vivian Fabricius own and live at the property since 1994, and have worked ever since to cultivate the special qualities of calm and care that permeates the retreat place.

MEDITATION • SPT • NATURE • THEORY U





Anders Fabricius



Ninni Sødahl



Vivian Fabricius

YOUR HOSTING TEAM

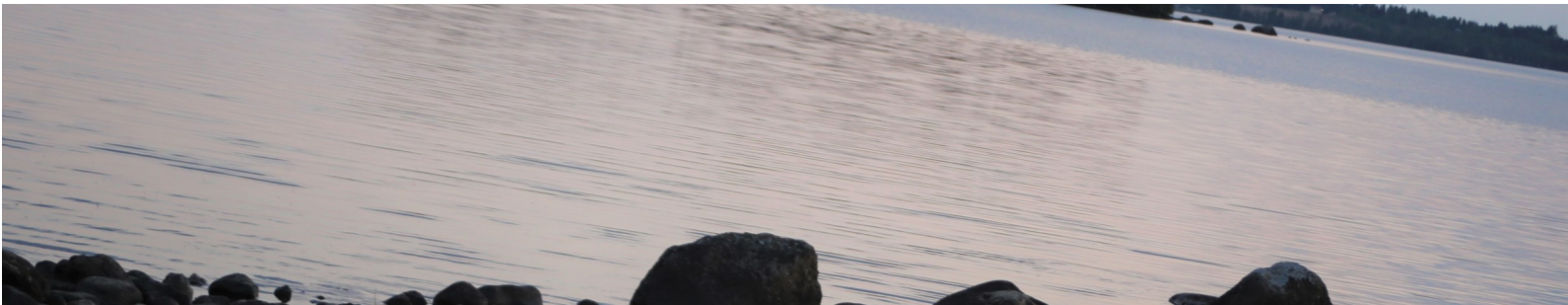
Meet a team of very experienced facilitators and teachers. Your hosts at the SPT Deep Dive retreat will be Anders Fabricius, Ninni Sødahl and Vivian Fabricius. All three of us have long experience as well as advanced training in SPT and meditation. We also have a lot of personal experience with retreats as well as guiding others in retreat processes. All of us have a background studying and / or using Theory U and we have practiced different kind of embodied awareness practices.

Anders Fabricius; SPT teacher, body worker, gardener and teacher on meditation courses and retreats. He has more than 40 years of meditation practice and embodied awareness training—Tai Chi and Qigong. Nature has always been an integrated part of his practice. For the past 22 years, Anders has been training Dzogchen meditation with the Danish meditation teacher Jes Bertelsen and approved as a meditation teacher by Jes Bertelsen. As a teacher Anders main interest is to carry out training in a simple and effective way, without compromising on depth and complexity.

Ninni Sødahl; Master of Architecture, Faculty of Architecture and Fine Arts, NTNU, Trondheim, Norway. Supervised meditation training by Dr. Jes Bertelsen, Vaekstcenteret, Denmark (since 1990). SOMA therapy at the School of Oriental medicine, Denmark, Sustainable Co-Creation, Master Program, Leadership from the Heart, Denmark, SPT Master training Program with Arawana Hayashi (2014-16). My specific field interest is transformative learning processes towards profound change in people, groups and systems, an area emerged out of an intimate relationship to the three domains of BODY (oriental body therapy), SPACE (architecture) and AWARENESS (meditation).

Vivian Fabricius; advances SPT practitioner with more than 40 years of meditation practice. She is educated reflexology therapist and have been teaching Qigong and Tai Chi. She is the hostess of the retreat place and will be responsible for practical things like food and accommodation during the SPT Summer Retreat.

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SPT DEEP DIVE 2023

INFORMATION & PRACTICALITIES

DATES • August 3th - 7th • 2023

Starts: Friday, August 3th, at 09:00 (9 am). End: Tuesday, August 7th, at 16:00 (4 pm).

Optional: arrive early and/or stay after the retreat.

If you want to spend a few days here before and/or after the retreat, you can do so by agreement and at Bed and Breakfast prices. Contact us for further information.

LOCATION • Ulriksfors, Strömsund • SWEDEN

Nearest airport: Östersund-Åre (OSD) or train to Östersund with connecting bus to Strömsund. We can help with pick up at the airport or the train station, at cost price (90 minutes drive).

PARTICIPATION in the retreat

Maximum 14 participants.

Please write a few words about your previous experience with SPT, as well as meditation and Theory U (if any) in the application.

Participants will join different practical tasks, such as cooking, to integrate the training into everyday situations this will also keep the participation fee low.

PARTICIPATION FEE • €500

The price includes food, accommodation in shared twin bedrooms, the program fee and the follow up call on Zoom (exact dates for the call will be set during the retreat).

Note that the participation fee includes dinner and accommodation from August 2th.

Early bird: If you sign up before March 15th you will get the early bird price of €470.

A few spots will be available for a reduced price (€450).

When you send your application for the retreat you can apply for one of those spots if needed. If accepted to a “reduced price spot” some additional duties during the retreat will be required. Payment is to be made upon letter of approval.

SIGN UP • before June 25th 2023 • info@fabriciusresurs.se



CONTACT

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