



July 24-28 • 2020

# SPT Summer Retreat

## SWEDEN

Social Presencing Theater (SPT) and meditation as sources of deeper Life Skills

Capacity building and deepening of the practice, through:

MEDITATION • SPT • NATURE • THEORY U

### The intention

- Deepen and develop individual practice
- Explore the relationship between meditation and SPT
- Connecting inner nature with outer nature
- Provide theoretical background to explore the effectiveness of SPT
- Deepen the relationship between meditation and SPT

The basic frames will be similar to a meditation retreat – we limit our contacts with the outside world in order to deepen our individual and collective journey. We reconnect with our most natural (re) sources by turning our attention towards ourselves.

We will explore the relationship between meditation and SPT and dive into the inner capacities and life skills that you can acquire from practicing embodiment and presence. We refine our capacities of getting and staying in touch with ourselves, others and nature. The connection to nature will be an important part of the SPT Summer Retreat and we will involve both the garden and the wild nature in the area throughout the program.

SPT was developed as a mindfulness and awareness of body method within the framework of the social technology of presencing, Theory U. We will introduce the main aspects of Theory U and explore them more deeply with our practice. This allows us to generate ideas and prototypes how to utilize SPT for our personal development and as a means of transformation in our professional roles. The emphasis of the program is the practice and the shared experiences, but we also work with the relevant theoretical background that can help us navigate and deepen the exploration of the SPT practice.

The SPT Summer Retreat will count as a basic SPT course and qualify participants to join advanced SPT Programs. The program will also deepen and develop individual skills independent of previous experience with SPT and meditation.





## 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, it is close to the road and there are neighbors around, but the large garden creates a feeling of protection and peace. Only a stone's throw away you will find wild nature; forests, rivers and lakes. Anders and Vivian Fabricius owns and lives at the property since 1994, and have worked ever since to cultivate the special qualities of calm and care that permeates the retreat place.

Are you new to SPT and would like to know more?

Theory U is a theory, method and a framework to work with leadership and change on all levels, developed by Otto Scharmer, senior lecturer at MIT in Boston, USA.

Social Presencing Theater (SPT) is an embodied awareness practice, that explores and makes visible social systems and systemic change through an art approach to the framework of Theory U. The method also develops your capacities for relations and leadership. Arawana Hayashi, a choreographer, dancer and Shambala senior meditation teacher developed the method together with Otto.

Read more:

Theory U: <https://www.presencing.org/aboutus/theory-u>

SPT: <https://www.presencing.org/aboutus/spt>

SPT Summer Retreat: <https://www.fabriciusresurs.se/the-inner-capacities-for-change/>





# Fabricius RESURS ABOUT US



Your hosts at the SPT Summer Retreat will be Anders Fabricius, Liv Fabricius, Andrea Chlopzik and Vivian Fabricius.

All four of us have long experience as well as advanced training in SPT and meditation. We also have a background studying and using Theory U and we have all practiced different kinds of embodied awareness practices such as martial arts, Qigong or Tai Chi.

**Anders Fabricius;** SPT teacher, bodyworker, 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 19 years, Anders has been training Dzogchen meditation with the Danish meditation teacher 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.



**Andrea Chlopzik;** SPT teacher. She holds a Master of Arts in literature and language and a Master of Science in applied psychology (earned with a thesis on Theory U, published in 2015). She has a background in theater and a natural interest in observing and cultivating aesthetic phenomena. As a coach and facilitator, she works with individuals, teams and organizations. A practitioner of Daoist meditation and Qi Kung since 1999, she qualified as an Associate Instructor of the Universal Dao Basics (Mantak Chia) in 2007.



**Liv Fabricius;** SPT teacher. She holds a Master of Science with a major in Quality Management and Leadership (earned with a thesis on Theory U). She has been training Dzogchen meditation with the Danish meditation teacher Jes Bertelsen since 2005. Liv have focused on improving the pedagogical approach to SPT, with the intention of making the practice more accessible. She has developed methods that removes or reduces common hurdles and helps the practitioners to reach the deeper layers of the practice.



**Vivian Fabricius;** advanced 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 itself and will be responsible for practical things like food and accommodation during the SPT Summer Retreat.

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# SPT SUMMER RETREAT

## INFORMATION & PRACTICALITIES

**DATES • July 24th – 28th • 2020**

The retreat starts July 24th at 09:00 (9 am). Ends July 28th at 16:00 (4 pm).

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

If you want to spend a few days here before or/and 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.

If you come by plane, we can help with pick up at the airport, at cost price (it is 90 minutes drive from the airport).

**PARTICIPATION in the retreat**

Maximum 14 participants.

Please write a few words about your previous experience with meditation, SPT and / or Theory U in the application.

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

**PARTICIPATION FEE • €400**

The price includes food, accommodation in shared twin bedrooms and the program fee.

It includes dinner and accommodation from July 23rd.

A few spots will be available for a reduced price (€360).

When you send your application for the retreat you can apply for one of those spots if needed.

Payment is to be made upon letter of approval.

**SIGN UP • before May 15th • [info@fabriciusresurs.se](mailto:info@fabriciusresurs.se)**



## CONTACT

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