



July 22<sup>nd</sup> - 26<sup>th</sup> · 2022

# SPT Summer Retreat SWEDEN

## INVITATION

**For the third time we offer a small scale, intensive summer retreat over five days, at our retreat facility in Sweden. We provide a safe space for you to investigate sources of deeper life skills and meaningful action. The retreat gives you time, space, and support to dive into a personal and professional development process where you will reflect on where you are in life right now as well as investigate possible next steps. You will be in beautiful surroundings and vast wilderness, hosted and guided by an experienced team of teachers and practitioners.**

During the retreat we will explore and dive into the inner capacities and life skills that you can acquire from practicing embodiment and presence. We will refine our capacity of getting and staying in touch with ourselves, others, and nature. Meditation and the embodied awareness practice *Social Presencing Theater* (SPT) are the basic training strategies during the retreat. The connection to nature will be an integrated part of the program, we will involve the garden surrounding the retreat as well as the wild nature in the area.

For many of the former SPT Summer Retreat participants the experience has been unique and life changing. Many of the changes are described as “big but subtle” and the development process often keeps on working and resonating in the participants systems for a long time.

**Read more:** [Social Presencing Theater](#), description from Presencing Institute

## 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, Andrea and Liv  
[Looking for eagles, but finding butterflies](#), by Anders  
[Theory U](#), description from Presencing Institute



## PARTICIPATION

The retreat design allows every participant to work from where they are in their own process and life, right now. The program will deepen and develop individual skills, independent of previous experience with SPT and meditation. 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 practice in the everyday context of the participants.

The SPT Summer Retreat is open for participants that are new to SPT and / or meditation, as well as experienced or advanced practitioners. We also welcome previous SPT Summer Retreat participants to come back for a new journey with us, every new development journey will be different and potentially deeper.

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

## 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





From the left: Andrea Chlopzcik, Liv Fabricius, Vivian Fabricius, and Anders Fabricius

## YOUR HOSTING TEAM

**Meet a team of very experienced facilitators and teachers.** Your hosts at the SPT Summer Retreat will be Anders Fabricius, Andrea Chlopzcik, Liv Fabricius 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 kind of embodied awareness practices such as martial arts, Qigong or Tai Chi.

**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 21 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 Chlopzcik;** 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 Instructure of the Universal Dao Basics (Manak 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 has focused on improving the pedagogical approach to SPT, with the intention of making the practice more accessible.

**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 SUMMER RETREAT 2022

## INFORMATION & PRACTICALITIES

**DATES • July 22<sup>rd</sup>—26<sup>th</sup> • 2022**

Starts: Friday, July 22<sup>nd</sup>, at 09:00 (9 am). End: Tuesday, July 26<sup>th</sup>, 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, if any, with meditation, SPT and Theory U 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 • €550**

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 July 21<sup>st</sup>.

Early bird: If you sign up before February 28th you will get the early bird price of €520.

A few spots will be available for a reduced price (€490).

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 15th 2022 • [info@fabriciusresurs.se](mailto:info@fabriciusresurs.se)**



## CONTACT

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