



SPT SUMMER RETREAT in SWEDEN



Explore the hidden fruits of Social Presencing Theater

Focusing on: Capacity building and deepening the practice
MEDITATION • SPT • THEORY U





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The intention

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 will explore the relationship between meditation and SPT and dive into the “hidden fruits” of SPT, that is the capacities and life skills that you can acquire from practicing SPT. Nature will also be an important part of our SPT Summer Retreat, we will use the wonderful garden at our retreat place as well as the wild nature in the area with forest, lakes and mountains.

The SPT Summer Retreat should give the basic components of SPT, Theory U and meditation but also deepen and develop individual skills independent of previous experiences and skills. The retreat will include all elements of a basic SPT course and it will qualify to join advanced SPT programs. The program will be based on the participants’ needs and skills, there will be time for co-creation and both individual and group journeys.



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

Watch founders Arawana Hayashi (dancer) and MIT professor Otto Scharmer in [a talk about SPT here](#).

Or this video about [the impact of using SPT](#).





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About us

Your hosts at the SPT Summer Retreat will be Anders, Liv and Vivian Fabricius. All three have long experience of SPT, advanced meditation training, embodied awareness training and Theory U. Anders and Liv are both SPT teachers.

We run a family business together, called Fabricius Resurs. We work with education, courses and as consultants and have a publishing house. Our work is within the following four main areas:

- Leadership & change
- Integration & social work
- Pedagogical work
- Personal development & meditation

We have participated in the European three years SPT Master Training Program in Danmark held by Arawana. We have between 15 and more then 40 years of meditation practice and have all practiced different kinds of embodied awareness training such as martial art, qigong and thai chi. We all attended a three year program called Sustainable Co-creation based on Theory U, presenting and co-creative processes.

Anders and Vivian lives in Ulriksfors, the middle of Sweden, at the place for the SPT Summer Retreat. Liv lives with her family in the very south of Sweden, in Malmö.

The retreat place

The retreat is located in northern Jämtland, a sparsely populated forest and mountain district. Our houses are traditional Swedish wooden houses from the 1880s, around the houses we have a large flower- and kitchengarden that provides us with organic food. The place 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 and only a stone throw away you find wild nature, forest, river and lake.





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26th - 30th July 2019

Information and Practicalities

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 one and a half hours drive from the airport).

Dates: July 26-30, 2019.

The retreat starts July 26 at 09:00 (9 am). Ends: July 30 at 16:00 (4 pm).

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

Participation fee: €360, the price will include food, accommodation in shared twin bedrooms and the course fee. The fee includes accommodation from July 25, and food from July 26.

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

Maximum 14 participants.

Come before or stay after the retreat: If you want to spend a few days here before or after the retreat, you can do so by agreement and at Bed and breakfast prices.

Sign up: Before May 15, 2019, at info@fabriciusresurs.se

Contact:

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We are both available on WhatsApp.

www.fabriciusresurs.se

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