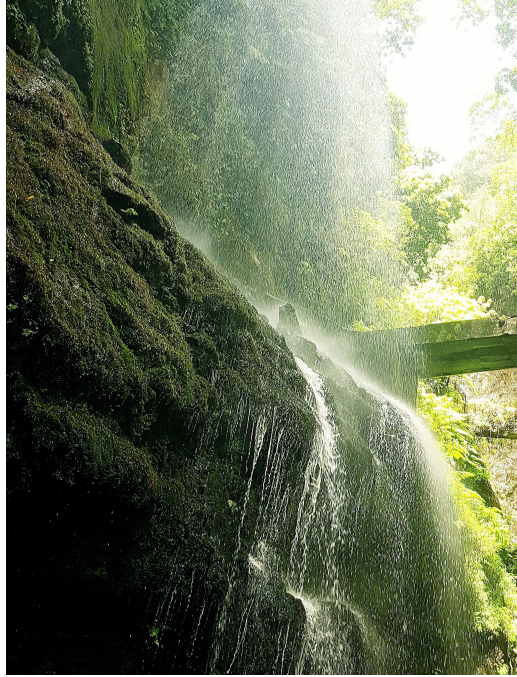


MBSR – COMPACT – COURSE

A JOURNEY OF SELF-DISCOVERY AND WELL-BEING

Santa Cruz de la Palma/Canary Islands

November 2025



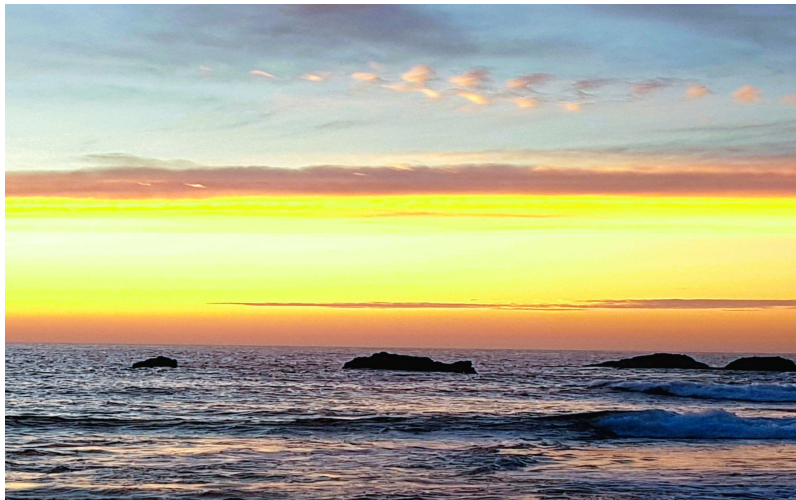
Eastern Buddhist tradition and modern psychology, led by the experienced Buddhist monk Bhante Rewatha from Sri Lanka, focus on training your awareness of the present moment and developing a non-judgmental attitude. Various mindfulness lectures, discussions and exercises will help you find ways to integrate mindful awareness into your everyday life. During the seminar week with the complete MBSR programme for beginners and advanced students, you will practise mindfulness exercises in the course room and in the natural environment of La Palma with its beautiful forests and coastline in a cheerful and relaxed atmosphere.



The MBSR-Program is aimed at helping you cope better with stress, regulate your emotions. You will learn easy body awareness exercises, various breathing exercises and easy mindful yoga movements. These methods will assist you to pause, perceive your own thoughts and feelings more clearly, and let them go instead of getting lost in them. Meditation while lying down or sitting and walking meditations are also included, so that over the course of the week you will learn a meditation practice that will support you go through everyday life with more peace and serenity.

The mindfulness day within the program is largely spent in silence. It offers the opportunity to practice and deepen mindfulness continuously under guidance over several hours, and at the end of the day, there is an opportunity for discussion. Lunch is also held in silent, mindful silence.

Our mindful island excursions take you into the beautiful nature of the green volcanic island, which has been declared a biosphere reserve in its entirety. Among the adventures that await you are a hike through a laurel forest, the Four Springs hike and the descent from the Ermita de las Nieves. Weather permitting, we will take a night walk to observe the stars.



Das "Casa Las Enanas" is a charming Canarian house where you will immediately feel at home. With its cosy seminar room, patio with dining area, beautiful terrace and kitchen, bathrooms and bedrooms, it is the perfect place to make your retreat an unforgettable experience. Around the house, you will find many places with friendly little cafés, restaurants and shops. And if you long for a refreshing dip in black lava sand, you will find it at the town beach. This year, it has once again been awarded the 'Bandera Azul' nature conservation label, which stands for a well-maintained beach and high-quality bathing water.

COURSE SCHEDULE

Sunday–Wednesday and Friday:

- ° 8:30 a.m. Breakfast
- ° 10:00 a.m. Mindfulness course
- ° 1:30 p.m. Lunch
- ° 2:30 p.m. 3 x island excursions
- ° 7:00 p.m. Dinner

Thursday:

- ° 10:00 a.m. – 4:30 p.m. Mindfulness day

We reserve the right to make minor changes to the daily schedule.

INCLUDED SERVICES:

- ° 6–day course: Feldenkrais, meditation, 3 island excursions
- ° 7 nights in a double room, single rooms available on request
- ° Vegetarian/vegan full board

NOT INCLUDED:

- ° Travel to and from the venue is not included in the course fees.
- ° La Palma Airport (SPC) is only 12 minutes away from Casa Las Enanas and can be easily reached by bus 500 or taxi.

Bhante Rewatha is an inspiring teacher of mindfulness. He has been following the path of silent devotion of the Theravada tradition since the age of ten. In Sri Lanka, he studied Pali and Buddhist philosophy at the University of Colombo. After moving to Europe, he completed a degree in religious education. For many years now he has been working in various countries as a teacher and trainer for mindfulness and in particular for MBSR and MBCT. He is the author of several books and articles on mindfulness and a speaker at international conferences and seminars. He works with various institutions to promote mindfulness and interfaith dialogue in society. Experience with Bhante a profound combination of Eastern Buddhist tradition and modern psychology, he is a valuable companion on the path to inner peace and balance.

Gabriele Lex is a trained Feldenkrais practitioner and physiotherapist. She also directed the mindfulness studio "Panta Rhei" in Berlin for 25 years and worked there as a therapist. She has practiced Zen and mindfulness for many years and runs MBSR, MBCT, and Buddhist courses with Bhante Rewatha.

<https://bemindful-courses.com/>

