



# MINDFULNESS RETREAT APPLICATION 2023

16th March – 20th March  
Sharah Camping Site – Wadi Rum

## **Retreat Leader**

**Randy Wolbert Sensei**  
DBT trainer with Behavioral  
Tech

## **Co-Leader**

**Karina Solovieff**  
Director of Empty Cloud Sanghan

# 1. MINDFULNESS

Mindfulness is a cohesive approach involving both the mind and the body. Mindfulness enables you to fully live in the present moment. On a mindfulness retreat, you will also increase your concentration, focus and gain a whole new perspective on life and the world around you.

Mindfulness practice has its roots in Eastern meditative and Western contemplative traditions. The contemporary clinical use of mindfulness as a treatment for mental disorders has focused on the core characteristics of mindfulness practice, independent of its spiritual origin and background. In this context, mindfulness is understood as the practice of awareness of “what is” at the level of direct and immediate experience separate from concepts, category, and expectations. It is the practice of living awake, with your eyes wide open; allowing the moment, so to speak. Mindfulness is thus the practice of willingness to be alive to the moment and radical acceptance of the entirety of the moment. The path of mindfulness is a journey without maps or destination, a path for you to discover and experience for yourself.

## 2 THE MINDFULNESS RETREAT

The DBT MENA Mindfulness Retreat offers the opportunity for an extended period of practice. At a retreat, we separate ourselves from our daily affairs in order to sink deeply into mindful practice, free to transcend the background chatter of our busy minds. These retreats follow the style and format initiated by the Dialectical Behavior Therapy (DBT). The Mindfulness Retreat formal procedures are provided by DBT MENA certified specialists and teachers.

### **Special considerations for attending the Mindfulness Retreat :**

- Individuals are expected to reach Sharah Camping Site in Wadi Rum Jordan by Thursday afternoon the 16th of March 2023 for the orientation of the program schedule.
- Everyone attending is expected to come to the orientation on Wednesday evening.
- The main language used in the retreat will be English, although minimal, a translator for Arabic speakers will be present.

## 3. FORMAT

The Retreat consists of four daily blocks of sitting: early morning, late morning, afternoon and evening. Each block is broken up into periods of 25–30 minutes of sitting or activity. Private interviews with the teachers are held during blocks of sitting. There is a rest period after each block of sitting. Mindfulness practice periods of extended walking and mindful movement are interspersed within sitting periods. It is assumed that everyone will participate fully in the daily cycle unless prior arrangements have been made.

Orientation for retreat is at **6:30 PM (Jordan Time GMT +3) on Thursday , 16th of March 2023** , The first evening sit will start at **6:30 PM**. Ending time is **9 AM on Monday, 20th of March 2023** .

# 4. ACCOMODATION

## Martian Dome

- Private bathroom and shower
- Individual air condition
- Terrace & seating area
- 24-hours check in
- Hot Water
- Towels
- Guest toiletries
- Mini -Bar / soft drinks only
- Kettle ( tea ,Nescafé and herbal)
- Space 32 m<sup>2</sup>

One Person      **\$ 850**

Shared Room      **\$ 600**

## Deluxe Tent

- Private bathroom and shower
- Individual air condition
- Terrace & seating area
- 24-hours check in
- Hot Water
- Towels
- Guest toiletries
- Space 16 m<sup>2</sup>

One Person      **\$ 500**

Shared Room      **\$ 400**

**\*Price includes four nights as well as the cost of the Mindfulness Retreat program fee**

# REGISTRATION FORM

Full Name :

Phone :

Email :

Address:

Country:

Emergency  
Contact :

Name

Number

Relation

Is it the first time you participate in a mindfulness retreat:

- Yes, it's my first time.
- No, I have attended a mindfulness retreat before.

Reason for joining (please choose at least one of the below):

- Professional Development Requirement.
- For Leisure & Decompressing.
- To learn and experience Mindfulness.

# REGISTRATION FORM

Please choose the type of room you would like to have for the retreat:

Please note:

- There are a certain number of rooms available and the rooms will be attributed according to the first book first served.
- Please indicate if you would like to have the room on your own or shared.
- In the case you would like to share a room and you do not have a room partner, we will try to match you with a roommate so it would be cheaper for both of you. ( Male with Male/ Female with Female/ No Mixed).

- Deluxe Tent (One Person).
- Deluxe Tent (Shared).
- Martian Dome (One Person)
- Martian Dome (Shared).

Please complete the registration form and submit to secure your reservation and email it to [info@dbt-mena.com](mailto:info@dbt-mena.com).

Once registration is received you will receive the detailed schedule of the retreat and payment details [finance-department@dbt-mena.com](mailto:finance-department@dbt-mena.com).