

● **Anreise mit der Bahn**

Fahren Sie vom Starnberger Bahnhof, einem Flügelbahnhof des Münchener Hauptbahnhofs, in Richtung Garmisch bis Tutzing und von dort weiter mit der Regionalbahn Richtung Kochel bis nach Penzberg. Von dort geht es weiter mit dem Taxi. Wir empfehlen, das Taxi vorzubestellen unter den Rufnummern: +49-8856-81844 oder +49-8856-2270

● **Anreise mit dem Auto**

Mit dem Auto fahren Sie auf der Autobahn München–Garmisch bis zur Ausfahrt Penzberg, dann rechts in Richtung Iffeldorf, nach etwa 120 m direkt nach dem Ortsschild Unter-aurach (dort steht links ein Wegweiser Richtung ZIST) wieder nach rechts und auf dem Nantesbucher Weg durch Wiesen und Wälder und an Seen vorbei genau 3,7 km bis ZIST.



Stand: 05.06.2020

- **ZIST ist** ein Institut für persönliche und berufliche Fortbildung zur Entwicklung menschlicher Kompetenz durch Selbsterfahrung in Krisenhilfe, Wegbegleitung und Psychotherapie vor dem Hintergrund der Humanistischen Psychologie in herrlicher Alleinlage im bayrischen Voralpenland und Heimat der *ZIST Akademie für Psychotherapie*.

Das Programmangebot von ZIST umfasst

- Workshops zur Selbsterfahrung in den Bereichen Persönliches Wachstum, Beziehungen, Gesundheit, Kreativität und Spiritualität.
- Workshops zur Fortbildung und
- längere Fort-, Weiter- und Ausbildungen in tiefenpsychologisch fundierten, potentialorientierten und Spiritualität integrierenden Verfahren.
- Ausbildung zu Psychologischen Psychotherapeuten sowie in der Zusatzqualifikation zum Kinder- und Jugendlichen-Psychotherapeuten an der staatlich anerkannten ZIST Akademie für Psychotherapie.



ZIST gemeinnützige GmbH

Zist 1 | 82377 Penzberg

E-Mail **info@zist.de**
 Telefon **+49-8856-93690**
 Mo. – Fr. 9.00 – 13.00 Uhr
 und 14.00 – 15.30 Uhr
 Do. bis 18.00 Uhr

www.zist.de | www.zist-akademie.de | Facebook

Susannah Grover
 Assistance and TaKeTiNa: Esther Diethelm

THE ART OF MEDITATION AND SELF INQUIRY



SELBSTERFAHRUNG
 SPIRITUALITÄT

Course language English
 (Bei Bedarf kann übersetzt werden)

THE ART OF MEDITATION AND SELF INQUIRY

● DATE & PRICE

January 29 – 31, 2021

Friday, 6.30 p.m. –

Sunday, 2.00 p.m.

Fee 295 €,

plus room and board.

Place, registration: ZIST

Penzberg No. 210132

● DESCRIPTION

The art of meditation is a way of bringing ourselves increasingly more in touch with reality. We are conditioned by surface life such that we tend to confuse symbolic representation as if it is reality, just as we confuse our self-image with our true self. Reality, however, is not a concept. Reality can only be known through direct experience. The more we clarify our experience, the more we arrive in deeper truth, deeper Reality. Meditation supports us to relax mental constructions and return to a sense of true connection with our deeper self and, ultimately, with all of life.

Self inquiry is a practice which assists us to clarify our direct experience and come to ever deeper truth. We get in touch with the deeper knowing already present in ourselves. Meditation and self inquiry, along with some other practices we will learn, all work together and enhance our ability to find a quiescence and peacefulness, as an antidote to the rushed and stressful demands of our lives.

In addition to meditation and self-inquiry practices, we will include TaKeTiNa, a rhythmical movement and awareness practice. TaKeTiNa is a musical process that supports us to come in resonance with our intuitive and creative potential. A wonderful form of body work that allows us to be in resonance via the regulating, harmonizing and transforming power of rhythm. Led by Esther Diethelm, whose offerings have been an integral part of the ZIST Academy for years.

Our explorations will have profoundly positive psychological, spiritual and health implications, for ourselves and for the clients of any practitioners in attendance. This weekend workshop will address many levels and facets of experiential practice and will become the basis for exploring more advanced psychotherapeutic and spiritual trainings for those wishing to continue the process in future workshops.

● BIOGRAPHIES



Susannah Grover, is a regular faculty member of the ZIST Academy, where she teaches the final class of the 5-year training program. She teaches *Spirituality in Psychotherapy*, where the therapists come to understand the transpersonal. For more than 50 years Susannah has been immersed in psychological and spiritual trainings and practice. She was initiated into Buddhism and Sufism, as well she was made a spiritual teacher by her teachers. She has been a professor of anatomy and physiology, of Eastern and Western Spirituality. Susannah had a large multi-disciplinary healing clinic in California as a Chiropractor and Craniopath. She was a Diamond Approach teacher for over 20 years and had groups in Ireland and Sweden, offering individual session work, small group work, and large group didactic teaching. Her current approach to inner work emphasizes facilitating direct experiences of the teachings.

"Susannah created a very fine, subtle and profound atmosphere with great warmth and generosity, so I felt whatever comes up is welcome. I experienced the meditations as carried by all our energies so that it was much easier to become still and go deeper. I experienced a very delightful moment, when I really felt the 'OK' for what is right here and now ... nothing more and nothing less." ~ Silke, graduate of ZIST Psychotherapy Academy, 2018



Esther Diethelm, a graduate music teacher, Esther trained as a TaKeTiNa rhythm teacher and rhythm therapist. She has been involved with advanced studies in Bodypercussion, Circle Singing and Improvisation. From 1991–2012 she was a member of the Ridhwan School. Now Esther offers workshops for a wide audience, leading rhythm trainings at music academies and working with orchestras and choirs. Since 1993, Esther has supported groups with self-exploration and self-realization processes, especially in collaboration with Wolf Büntig. Since 2014 she is also teaching at ZIST Academy.