

Dates 2019

- 11 February – 22 February 2019
- 04 March – 15 March 2019
- 01 April – 12 April 2019
- 23 September – 04 October 2019
- 09 December – 20 December 2019

We look forward to welcoming you and ask you to register for the seminar when you make your reservation if possible.

Programme

The seminar “The Way to the Inner Self – Zen Meditation with Dr. Kuhn” will lend a special quality and a spiritual dimension to your stay at Buchinger Wilhelmi.

The seminar is free of charge as part of our Buchinger Wilhelmi programme.

Information and reservation

reservations@buchinger-wilhelmi.com
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**BUCH/NGER
W/LHELMI**

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Seminar: Meditation Kuhn 2019 e (L.0) 27.11.2018

The Way to the Inner Self – Zen Meditation with Dr. Kuhn

2019
Überlingen am Bodensee

**BUCH/NGER
W/LHELMI**

**FASTING
INTEGRATIVE MEDICINE
INSPIRATION**



The Way to the Inner Self – Zen Meditation with Dr. Kuhn

Buchinger Wilhelmi has many years of experience in holistic fasting. In 2019 we will again be offering our 10-day seminar on “Meditation – The Way to the Inner Self” accompanied by Dr. Christian Kuhn several times throughout the year.

Both fasting and non-fasting guests are welcome to attend.

**Fasting is not eating,
silence is not speaking,
meditation is not thinking.
Each level takes us one step closer
from our outer to our inner self.**

As our mind calms down and our need to think, speak, do and want subsides, the more we let go and simply let things happen, the greater the contact we make with all that is divine within us. We regain serenity, inner peace, happiness and inspiration.

Fasting has always supported this spiritual path in all cultures and religions, and is the best way to find your inner calm.

Dr. Christian Kuhn

Internist, psychotherapist, specialist in natural healing and nutritional medicine

1984 qualification as psychotherapist

1990 – 2008 medical director at Buchinger Wilhelmi, since 2008 instructor of the “Meditation seminars with Dr. Christian Kuhn – the Way to the Inner Self”

Since 1994 Zen meditation training under the instruction of Niklaus Brantschen SJ and Roshi, Lassalle Haus Schönbrunn/Switzerland

1996 author of the book “Heilfasten, die heilsame Erfahrung für Körper und Seele” (*“Fasting, the Healing Experience for Body and Soul”*), Edition BoD, available in the clinic shop



Contents

- Meditation in the morning and evening. Introduction to the seminar by Dr. Kuhn on Monday. Further meditation sessions will be accompanied by Dr. Kuhn.
- Zen meditation
- Contemplation of the heart prayer (for those strongly bound to their Christian roots)
- Silent walking tours
- Motivational talks: “Awakening your Mind” and “The Spiritual Laws of Happiness”
- Opportunity for spiritual life counselling (Zen)*
- Can be combined with yoga and/or Tai Chi

Weekly programme

Monday:	
02.00 – 02.25 pm	Introduction
02.30 – 02.55 pm	Meditation
Tuesday:	
07.30 – 07.50 am	Meditation
06.00 – 06.20 pm	Meditation
Wednesday:	
07.30 – 07.50 am	Meditation
06.00 – 06.20 pm	Meditation
Thursday:	
07.30 – 07.50 am	Meditation
Friday:	
07.30 – 07.50 am	Meditation
06.00 – 06.20 pm	Meditation

The programme may be subject to alterations.

* At an extra cost, for appointments please contact Therapy planning, ext. 828