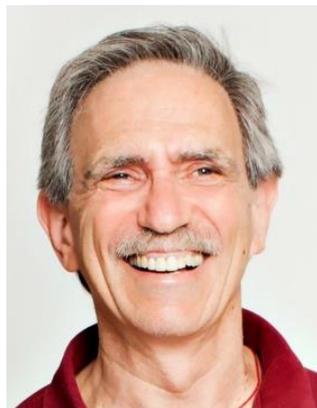


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## **Awakening Joy: Mindfulness as a path to happiness**

**James and Jane Baraz**



Friday, 30 June 2017 – Sunday, 2 July 2017  
Lucerne, Switzerland

## Workshop

True happiness is not about acquiring anything but rather opening to the natural joy and aliveness right inside you. This workshop is based on the popular 10-month Awakening Joy course that thousands have taken since 2003. We will learn basic principles and other supportive practices to develop our natural capacity for well-being and happiness presented in a user-friendly way. Techniques will be offered for developing gratitude, learning to love yourself, opening up to the hard stuff as a path to joy, and finding joy in the happiness of others.

If the word "joy" is a stretch, don't worry. Truly happy people are not happy all the time. They feel sad and angry and have the whole range of human emotions. Joy is a general feeling of aliveness and well-being that is characterized by engagement with life, meeting its ups and downs with authenticity and perspective. It can look very different from person to person, from a quiet sense of contentment to bubbly enthusiasm. That will be one of your discoveries—identifying how joy expresses itself uniquely through you. Please note: You do not have to be a "joyful person" to benefit from this workshop, though you might have fun anyway.

## James Baraz

James Baraz has been a meditation teacher since 1978. He is co-founding teacher of Spirit Rock Meditation Center in Woodacre, California, and teaches throughout the U.S. and internationally. He created the popular online "Awakening Joy" course, which has been taken by thousands since 2003. He is the co-author author of Awakening Joy: Ten Steps to Happiness, the book based on the course as well as co-author with Michele Lilyanna, of Awakening Joy for Kids. James lives in Berkeley, California with his wife, Jane. He has two sons and three grandchildren.

## Jane Baraz

Jane Baraz, MA, has been a mindfulness practitioner since 1976 when she began sitting vipassana retreats. She was on the Spirit Rock Meditation Center's Board of Directors for its first 8 years. Jane teaches Mindfulness Based Stress Reduction (MBSR) at University of California San Francisco's Osher Center for Integrative Medicine and the Cancer Support Center. She's also a trained teacher in Mindful Self-Compassion (MSC), which she teaches at Spirit Rock, The Women's Cancer Resource Center and privately. Jane enjoys teaching Awakening Joy workshops and retreats with her husband, James Baraz, in California and internationally.

[www.awakeningjoy.info](http://www.awakeningjoy.info)

## Organisational aspects

### Workshop times

Friday, 30 June 2017, 2.30 pm to 6.30 pm

Saturday, 1 July 2017, 9.00 am to 1.00 pm and 2.30 pm to 6.30 pm

Sunday, 2 July 2017, 9.00 am to 1.00 pm and 2.00 pm to 4.00 pm, 18 course hours in total

### Venue

RomeroHaus Luzern, Kreuzbuchstrasse 44, 6006 Lucerne, Tel. 058 854 11 00,  
www.romerohaus.ch

### Costs

Fr. 390.00 for members

In case of payment by 31 December 2016 Fr. 350.00

Fr. 490.00 for non-members

In case of payment by 31 December 2016 Fr. 450.00

These costs include: further training in beautiful surroundings, refreshments during breaks and a vegetarian lunch on Saturday and Sunday.

### Language

English with German translation.

### Travel by public transport

Bus 14 from the railway station in the direction of the Verkehrshaus (Transport Museum), stop Verkehrshaus-Lido, approximately 10 minutes from the station.

### Accommodation

A few rooms are available in the RomeroHaus. Other options in hotels, B&B accommodation, youth hostels and guest houses in Lucerne are differing distances away and have differing prices. Please make your own arrangements.

### Items to bring

Mat, cushion and blanket, if required.

### Enrolment

By e-mail to [sekretariat@mbsr-verband.ch](mailto:sekretariat@mbsr-verband.ch) not later than 25 May 2017.

Enrolment is only valid upon immediate payment of the course fees, i.e. the enrolment confirmation is issued after receipt of the course fees.

### Cancellation conditions

A handling fee of Fr. 30.00 will be levied for cancellations up to one month before the course starts.

Between 30 and 10 days before the course starts 50% of the course fee will be charged. If the place can be refilled, only a handling fee of Fr. 30.00 will be levied.

If cancellation takes place less than 10 days before the course starts, the whole course fee will be billed. If the place can be refilled, only a handling fee of Fr. 30.00 will be levied.