

Structure and Process Groups for Mindful Transformation

Introduction Phase

Information Session (60 minutes)

- Introduction to the unique approach of consciousness-based transformation
- Explanation of differences between conventional self-help groups and therapies
- Detailed presentation of group structure and schedule
- Opportunity for questions and clarification of expectations

Introductory Retreat (2 days)

- Joint silent weekend to create a solid foundation
- Introduction to meditation practice
- Development of shared understanding for mindful transformation
- Building trusting group dynamics

Regular Structure

Full Group Meetings

- Twice monthly
- Facilitation by Alen as facilitator
- Joint meditation and reflection
- Sharing of experiences and challenges
- Integration of new insights into daily life

Triad Work

- Weekly meetings in small groups of three participants
- Duration: 60-90 minutes
- Structured exchange following set format
- Mutual support and reflection
- Deepening of individual practice

Group Process and Integration

Closed Group Structure

- New participants can only join at specific times
- Requirements for joining:
 - Participation in the information session

- Completion of a silent retreat
- Ensuring a protected space for authentic development

Special Features of the Format

- Focus on natural transformation through awareness
- No predefined change goals
- Emphasis on communal learning
- Integration of meditation into daily life
- Sustainable development through regular practice

Time Frame

- Information session: 1 hour
- Basic retreat: One weekend
- Full group: 2x monthly
- Triads: Weekly, 60-90 minutes