

Information

The yearlong training offers the opportunity for individuals and couples to look deeply into their own life/lives.

When we find our home in ourselves, we can also offer a home in our life for others.



Place and Times

The retreats will be held in Oscailt (8 Pembroke Rd, Dublin 4) and start on Friday, 18.30 and end on Sunday, 18.00. The dates of the four weekends are as follows:

- 1) 13-15 February
- 2) 15-17 May
- 3) 21-23 August
- 4) 13-15 November

The times will be Fridays from 18.30 p.m. to 21.00 p.m.

Saturday 9.00 a.m. to 19.00 p.m. (including 90 min, 30 min and shorter breaks)

Sunday from 9.00 a.m. to 18.00 p.m.

Conditions

The yearlong training includes four weekend-retreats, a monthly letter with meditations and exercises and a structured process of support in the group, including Second body-practice.

The costs for the yearlong training include the four weekends at Oscailt, monthly letters with meditations and exercises and the mutual support system/second-body. The cost is on a sliding scale € 880 - 1200 Euro according to self-assessment of your means and the amount can be paid in stages on request, with a payment of at least €250 required to confirm your place.

Contact and more information:

If you express an interest in joining this retreat, one of the organizing team will contact you to arrange a call to discuss further. Please reply to the invitation or email 2026withBettina@gmail.com.

Bettina Romhardt

Bettina Romhardt practices and teaches the path of the Plum Village Dhyana School (Thich Nhat Hanh), which focuses on mindfulness practice and interbeing.

After studies in and working as a naturopath she became a student of Thich Nhat Hanh, Vietnamese Zen-Master In 1993. She lived as a resident for 5 Years in his international community and monastery Plum Village/France.



Joining the international Order "Order of Interbeing-Tiep Hien" in 1995, she received Dharma lamp transmission of Thich Nhat Hanh in 2004.

In 2004 she founded "Sangha Zehlendorf" with Kai Romhardt, a practicing community/sangha in the tradition of Thich Nhat Hanh in Berlin.

Bettina Romhardt offers days of mindfulness, retreats, seminars and yearlong trainings "A joyful path/wisdom and compassion", "Peace begins within."

„Mindfulness is a source of happiness

- Thich Nhat Hanh



Living mindfully

A yearlong training through 2026

with Bettina Romhardt
in the tradition of Thich Nhat Hanh

- 1) 13-15 February
- 2) 15-17 May
- 3) 21-23 August
- 4) 13-15 November

Oscailt, 8 Pembroke Road, D04 F597

Yearlong training “Living mindfully”

Since 2013 Bettina Romhardt offers this yearlong training in Berlin and at other places.

This is a systematic exploration of the practice of mindfulness, not a study-course, based on the Buddhist teachings in the tradition of Thich Nhat Hanh.

The yearlong training includes four weekend-retreats, a monthly letter with exercises and meditations and a structured support-process in the group-Second-Body-Practice

Mindfulness is a source of happiness

To be able to touch the joy of being alive, of peace and inner freedom, we need awareness. The energy of mindfulness enables us to be aware what is happening in the present moment, in touch with our breath, body, feelings, perceptions, mental formations and consciousness.

Mindfulness is found as a seed in our store consciousness - we can practice and strengthen mindfulness continuously – as well as in formal meditation as in daily life.

One moment of mindfulness can bring us back in to the immediacy of the present moment, into deep contact with life in us and around us.

The relationship with ourselves, other people and the world can heal, when we become aware of the deep connectedness of our lives with all forms of life-I the nature of interbeing.

Presence, clarity, joy, compassion and inner freedom can manifest.

13-15 February 2026

Part 1: Presence

“I am here for me”- “I am here for you”

- * Touching the joy of life
- * Mindfulness of breath, mindfulness of body
- * Shamatha: Stopping and Calming-
- * Mindful relationship with myself: acceptance, friendliness, and loving kindness for eth. arising in body and mind
- * Personal practice-gates and anchors in daily life



15-17 May 2026

Part 2: Cultivating the garden of consciousness

“No mud – No lotus”

- * Feelings and mental formations
 - Ways of transformation and healing
 - Nourishing our minds: mindful consumption

- * Three Dharma seals: Impermanence, Non-self and Nirvana

21-23 August 2026

Part 3: Liberation by Insight

“Are you sure?”

- * Perception, illusion and reality
- * The role of view and Right view
- * Thoughts and non-identification
- * The two truths
- * The transforming energy of Touching the Earth



13-15 November 2026

Part 4: From separation to connectedness

“Cultivating the mind of love”

- * Bodhicitta
- * The four Brahmaviharas/Elements of true love
- * Applied ethics-Mindfulness trainings in the tradition of Thich Nhat Hanh
- * Looking with the eyes of interbeing