



Learning Expedition

for a personal & social transformation

An in-depth exploration of our extraordinary potential.

with

Joel & Michelle Levey



Joel and Michelle Levey are extraordinary human beings with a vast international experience in mindfulness, mindtraining and transformational leadership. They are founders of "Wisdom at Work", and the Institute for Mindfulness, Meditation and Body Medicine and mind. For over 40 years, they have trained thousands of people and leaders around the planet and have participated in relevant projects for several organizations (Google, U.S. Federal Court, MIT...)

The expedition

An expedition is a groupal journey with an specific purpose. In this context, we invite you to join us on a personal and collective expedition, that will be held over three meetings during 2017. This experience will allow us to co-develop, explore cross worlds such as contemplative science and transformational leadership through teachings of great masters Joel & Michelle Levey.

Intended for people with some experience in mindfulness, who are open to go further in their individual and collective transformation.

Organized by .hub.coevolució.

A non-profit organization based in Southern Catalonia that provides advanced social practices and technologies for individuals, organizations and systems in order to realize their full potential to create a better future.

When & where will be the expedition?

It will be during **three intensive sessions between February and May 2017**

The first and third sessions will be a non-residential format of two and a half days in "El Seminari Centre tarraconense" Tarragona (Spain); the second session will be a three and a half days retreat in Guayrapà (Mont-ral, Spain; see more details at <http://www.guayrapa.com>).

Contact: hub.coevolucio@gmail.com
Follow us on <https://www.facebook.com/events/1154343444614163/?ti=cl>

Dates & fees

Session 1	2017/02/17	2017/02/18	2017/02/19
	4:00-7:00 PM	9:00 AM-7:00 PM	9:00 AM-7:00 PM
Session 2	2017/04/28	to	2017/05/01
residential	4:00 PM		6:00 PM
Session 3	2017/05/12	2017/05/13	2017/05/14
	4:00-7:00 PM	9:00 AM-7:00 PM	9:00 AM-7:00 PM

Total cost of the expedition (including registration and accommodation Session 2).

	Early bird until 2017/01/15 (€)	After 2017/01/15 (€)
A	660	765
B	815	915

- A. Participants in previous Hub Coevolució activities , students & unemployed people.
- B. People not included in A

Payments

A	B	Payment
Registration before/after 2017/01/15	Registration before/after 2017/01/15	
* 50 €	* 50 €	To reserve your place (*)
*225 € / 275 €	*300 € / 350 €	Before 2017/02/05 (*)
*220 € / 275 €	*300 € / 350 €	Before el 2017/04/15(*)
* 165 €	* 165 €	In cash during session 2 (2017/04/28)

(*) Bank account: ES35 0081 0194 2100 0173 4781 (BIC: BSABESBB). Please, add "Leveys2017 + your surname" in bank transfer concept.

We will appreciate if you send us an email with your name, phone number & bank receipt.

Program & Learning Outcomes

Teachings will be taught in english with simultaneous translation into catalan.



M & J Levey, La Bartra 2015.

Session 1: Cultivating a shared foundation for our journey: exploring essential principles, perspectives & practices

Program: Synergy of mastery and mystery. Keys to extraordinary wellness and performance: coherent mind, integrated nervous system, attuned field of relationships. The three higher educations: ethics, mental discipline, and Wisdom at Work. Introduction to the mindfullverse: appreciating the wide variety of mindfulness practices and traditions

Learning Outcomes

- Gain insight regarding how to learn and live the “three higher educations” of ethical awareness and impeccability, mental discipline, and wisdom.
- Gain insights and skills for developing great health and vitality in personal, organizational, and social systems by developing – integrated nervous systems, coherent minds, and highly attuned fields of relationship
- Understand the theory and practices necessary to tap the dynamic synergy of Mastery and Mystery, Sourcing and Expressing deeper wisdom.
- Develop a theoretical and experiential familiarity with the variety of mindfulness and other contemplative practices for deepening the wisdom we are capable of bringing to our lives, work, and world.

Session 2: Integrative work that reconnects us to our wholeness

Program: A profound exploration of practices and perspectives to thrive, lead, sustain and transform ourselves, and inspire others in VUCA times (Volatility, Uncertainty, Complexity and Ambiguity)

Learning Outcomes

- Develop a deeper intimacy with life, nature, and living systems.
- Deepen your experiential access to a profound living systems view of life, evolution, learning, social and environmental justice, lovingkindness.
- Deepen our insight and intuition regarding the evolutionary imperatives of our time, and practical ways that we can personally and collectively awaken deeper wisdom, courage, creativity, and compassion for realizing our highest potentials and helping others, communities thrive.
- Gain insight regarding three profoundly wise and skilfull ways to respond to the complex VUCA circumstances of our times – holding actions that slow the damage to human systems and our world; developing wise and healthy alternative systems and structures, and raising consciousness.

Session 3: The Altruistic Warrior Spirit

Program: Realizing the profound power that emerges through blending wisdom, compassion, and archetypal potentials with a dedication to living our lives as a force for good in our world for the benefit of all beings.

Learning Outcomes

- Gain insight into the transformational global movement to understand the science and practice of compassion and creative altruism as a vital force for evolutionary development of human essential for human thriving and for reducing violence, aggression, and greed.
- Learning appreciate and access a wider range of archetypal potentials for expanding our range of effectiveness in bringing deeper wisdom, love, creativity, and courage to our lives, world, and field

**You will be welcome
with open hearts!**

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**Anna, Karina, Jordi & Gonzalo
(Coordinating team)**