

# Weekend course with Rob Nairn

19<sup>th</sup> – 21<sup>st</sup> of Júlí 2019 at **Hugleiðslu- og friðarmiðstöðinni**, Grensásvegi 8

Friday: 17:00 – 19:00 Introduction of Rob and agenda presented

Saturday/Sunday: kl: 10:00 – 16:00

Registration and information: [hugleidsla@hugleidsla.is](mailto:hugleidsla@hugleidsla.is)



**Rob Nairn** will be presenting and teaching from his new book: “**Insight**”. This is a unique opportunity to meet Rob and get an introduction of his work on **psychology of meditation**. His new book is a sequel of the popular Diamond Mind which has been taught in Iceland for over 16 years.

**Rob Nairn** is born and raised in Zimbabwe and proceeded his university education at UK. While studying (in the fields of law, psychology and criminology) he gained a huge interest in meditation and Buddhism. He was asked by the H.H. Dalai Lama to teach meditation when he met him in 1964.

In 1980 he was asked to teach **insight meditation** by the H.H. 16<sup>th</sup> Gyalwa Karmapa. He resigned as a professor in criminology at the university at Cape town and advanced to establish a retreat centre at Nieu Bethesda in South Africa. Rob went to a 4-year retreat at the monastery at Samye Ling in Scotland in 1989. There he practiced ancient traditional Tibetan meditation methods. Rob proceeded to Africa in 1993 to manage all the continents Kagye centres. He has been a regular visitor to Iceland for teaching as well as the founder of Kagye Samye Dzong in Reykjavik.

Rob is a popular and sought after lecturer at many universities in Africa, London, Ediborough, Dublin and Oklahoma. His knowledge of modern psychology, in particular Carl Jung, give him a unique knowledge to transform ancient asian wisdom to accessible concepts for westerners. Previously Rob has written 3 books on meditation. They will be available for purchases during the weekend. The books are: Tranquil Mind, Diamond Mind and Living, Dreaming, Dying. They can also be purchased at the bookstore Mál og Menning, as well as the audiodiscs such as: Death and Dying along with other dvd discs. Rob is the founder of **Mindfulness Association in UK** and a **MSc in Mindfulness** at the University of Aberdeen in Scotland.

Rob's teaching and work is non profit and contributes as a service to others.

*The cost for the weekend is 20.000 ISK and will be used to pay for his travels and cost of the facilities at Grensásvegur. Coffee and tea included.*

