"Buddha meets Hippocrates"

Meditation and holistic medicine weeks
June 2027 in Kurrebo – free of charge
register before May 15th

Lecturers: Søren Ventegodt MD (DK) with students from Nordic School of Holistic Medicine

The course is in English

"Buddha meets Hippocrates"

The two most powerful healing systems in the world have been merged.

Meditation and holistic medicine weeks
31 May-16 June 2027 in Kurrebo – free of charge
register before May 15th

Quality of life in Kurrebo in June –
We have opened our new centre for Meditation & Holistic Medicine
Come to the most beautiful location in Sweden and have
Vipassana & Holistic Mind-Body Medicine. It is for free –
free participation, food, accommodation, study materials.
Teaching in English.

2 X COURSES IN MEDITATION, HAPPINESS AND HEALTH

31 May - 16 June 2027

Teacher: *Søren Ventegodt MD, EU-MSc-CAM with students from Nordic School of Holistic Medicine.*

Place: *Kurrebo (Urshult)*

Price: *Free*

Registration mandatory:
Before 15th of May
info@qualityoflife.dk

**Unhappy? Unhealthy? Need love?
Crazy? No meaning of life?
Poor sex? No friends? No talent?
And study/work sucks?**

**We totally get it: You are normal.
Time to change that?**

**Work hard and help yourself
to a better life.**

Meditation and holistic medicine weeks
31 May - 16 June 2027 in Kurrebo

PROGRAM: Your healing journey starts here

The teaching is separated in 2 courses. According to the Vipasssana tradition this is for free. If you wish to donate, this is possible after the course, but not mandatory.

The aim of this Course Nr. 1 “Holistic Medicine” is to teach you the elementary tools of holistic mind-body medicine which is talk and touch therapy, and start your journey of existential healing towards health and happiness.

The aim of this Course Nr.2 “Vipassana” is to teach you Vipassana meditation, and start your journey towards enlightenment by being ethical, present, and focused – and this way you break all conditioning.

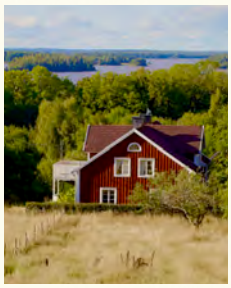
Course Nr. 1 and course Nr. 2 can be taken independently of each other but we recommend that you to attend both.

Please note: We have a limited amount of spots so you need to register before the 15th of May 2026 via *info@qualityoflife.dk*. Before the course we will have a dialogue with you about your personal goal etc.

KURREBO

“The pearl of Småland”

Kurrebo is a historical 19 hectar recreational mansion with a vegetarian restaurant, hotel, B&B and youth hostel. There is space for 52 sleeping guest in 7 buildings. It is famous for its immense beauty, known as “The Pearl of Småland”. The company “Livskvalitet” (“Quality of life”) won it from Tingsryds Kommun in a competition for the best project for the place in 2022. It has been rated on Google (★4,5), FB (★5,0) and TripAdvisor (★4,5).



- Vegetarian restaurant
- Hotel, B&B, Hostel
- Weddings & Events
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- Conferences
- Farmshop
- Art & Music
- Courses

Contact info for restaurant/hotel/catering:
Sånnahult Kurrebo 4, 36295 Urshult
www.kurrebo.com / info@kurrebo.com / 0762 477 160
For contact regarding courses please contact the organiser of the course

KURREBO

COURSE 1
"HOLISTIC MEDICINE"
31 MAY-4 JUNE 2027

Holistic mind-body medicine – Evidence based alternative medicine: Hippocrates' classical method.

Teachers: Søren Ventegodt MD, MMedSci, EU-MSc-CAM and students from Nordic School of Holistic Medicine.

The aim of this course is to teach you the elementary tools of talk and touch therapy, and start your journey of existential healing. The goal is happiness, personal freedom, full self-knowledge, and perfect physical, mental, spiritual, sexual, and existential health. The process is: feel, understand and let go of negative beliefs. On this course you will learn how to use emotional reactions for learning and healing.

Accommodation: Simple, in separate dorms for men and women, without heating. Bring warm clothes, towel, bedsheet+sleeping bag / duvet+pillow+bedlinen.

Food: Simple, vegan and vegetarian.

Price: Free of charge (registration required)

Arrival/Departure:
Arrival 31 May 8.00 for breakfast
Departure 4th June 17.00

Daily Program

8.00-9.00 Breakfast

9.00-12.00 Theory of holistic healing, happiness, health, and human talent

12.00-13.00 Lunch

14.00-17.00 Holistic therapy/bodywork/ exercises alone or in groups

18.00-19.00 Dinner

19.00-21.00 Questions and social event

OBS: Times and content might change from day to day without prior notice.

Disclaimer:
We have the right to refuse your participation and to ask you to leave at any time for whatever reason.
We need you to act appropriately at all times at the courses. We keep the genders seprated out of course hours and we kindly ask you to respect that.

If you use medicine or are in medical, psychological or psychiatric treatment we need to know it before the course, to make sure you can participate without compromising the existing treatment.
We also need information about former psychotic episodes and suicidal attempts.

There is no smoking, alcohol or drugs allowed. Noise and acting out of difficult emotions will not be tolerated. The quiet hours 22.00-8.00 need to be respected.

It is possible that you will have a strong emotional reaction to the courses that might continue when you come home. This means that your level of functioning, mood etc. might be temporarily compromised. We see the courses as help to self-healing and you need to take the full responsibility for your experience during and after the courses. All consequences of your participation, good or bad, are solely your responsibility.

Your participation will only happen after you have signed that you understand and accept this.

COURSE 2
"VIPASSANA" MEDITATION
5-16 JUNE 2027

Teachers: Søren Ventegodt MD, MMedSci, EU-MSc-CAM and students from Nordic School of Holistic Medicine.

The aim of this course is to teach you Vipassana meditation, and start your process of existential healing. The goal is to break conditioning on all levels – body, emotions, perception, cognition and spirituality, leading to full awakening of consciousness, i.e. enlightenment.
We work with our ethics, we focus and purify the mind, and we stay present using awareness of breath and body.

Accommodation: Simple, in separate dorms for men and women, without heating. Bring warm clothes, towel, bedsheet+sleeping bag / duvet+pillow+bedlinen.

Food: Simple, vegan and vegetarian.

Price: Free of charge (registration required)

Arrival/Departure:
Arrival 5th June 16.00
(dinner 17.00, instructions 18.00-20.00)

Departure 16th June before 12.00

Daily Programm

5:00 Wake up
5.30-8:00 Vipassana meditation
8:00-9.00 Breakfast
9.00-12.00 Vipassana meditation
12.00-14.00 Lunch and rest
14.00-16.30 Vipassana meditation
16:30-17:30 Tea break
17:30-18:30 Vipassana meditation
18:30-19:30 Instructions
19:30-21:00 Vipassana meditation
21:00-21:30 Questions
22:00 Sleep or rest in bed

Disclaimer:
The Vipassana method demands traditionally strict discipline. You are in silence during your stay and we hold your telephone, tablet, laptop etc. According to the tradition we keep noble silence, which means you are not allowed to speak with fellow participants at any point. If you have strong emotional reactions, physical pains, mental problems etc. there will be a teacher you can talk to about this on a daily basis. We need you to promise that, if you start this course, you will also finish it and stay to the end, while following all the rules.

We have the right to refuse your participation and to ask you to leave at any time for whatever reason. We need you to act appropriately at all times at the courses. We keep the genders separated out of course hours, and we kindly ask you to respect that.

If you use medicine or are in medical, psychological or psychiatric treatment we need to know it before the course, to make sure you can participate without compromising the existing treatment. We also need information about former psychotic episodes and suicidal attempts.

There is no eating out of the served meals. There is no smoking, alcohol or drugs allowed. Noise and acting out of difficult emotions will not be tolerated. There needs to be absolute silence and darkness from 22.00-5.00.

It is possible that you will have a strong emotional reaction to the courses that might continue when you come home. This means that your level of functioning, mood etc. might be temporarily compromised. We see the courses as help to self-healing and you need to take the full responsibility for your experience during and after the courses. All consequences of your participation, good or bad, are solely your responsibility.

Your participation will only happen after you have signed that you understand and accept this.

About Søren Ventegodt
Holistic Therapist, Author
MD, MMedSci, EU-MSc-CAM

Danish Existentialist. Two masters degrees in medicine, one in conventional and one in alternative medicine. Trained in research at University Hospital Copenhagen 1990-1994. Leader of Quality-of-Life Research Center 1990-today. Leader of Nordic School of Holistic Medicine 2000-today. Author of 8 textbooks on evidence-based holistic mind-body medicine, 20 popular books, and about 300 scientific papers on QOL, happiness, holistic health, psychology, sexology, psychiatry, existential philosophy, and holistic mind-body medicine. 9516 citations and h-index 55 according to Google Scholar. Editor at scientific journals in alternative medicine.

„Your life is as you make it. You are as happy as you think it. You are as healthy as you enjoy it."

- Søren Ventegodt

CONTACT & REGISTRATION

If you are interested send an email to *info@qualityoflife.dk* to start the registration process.