

# BENEDIKTUSHOF

## CENTER FOR MEDITATION & MINDFULNESS

Holzkirchen near Würzburg (Bavaria)



### A PLACE OF SILENCE

The largest Zen and meditation centre in Europe is located in a former monastery in the north of Bavaria, near Würzburg. You have the opportunity to attend courses, conferences and retreats in Christian contemplation, Zen, yoga, MBSR and personal development.

The Benediktushof ist a non-denominational place of silence and open to all people interested in spirituality.

### NATURE

Our Zen garden, a small brook – the Aalbach – right in front of the door and many hiking trails through woods and fields are part of the atmosphere. In this environment participants can find inner peace and silence to switch off from their everyday life and set out on a journey to their inner self.



### LOOKING INWARDS

Silence is an important "instrument" for looking inwards. From the experience of silence, we can receive new approaches for our being - right here, right in this moment.

If we understand who we are and take good care of ourselves, we can accompany others better. Our highly skilled teachers help participants to enter the experience of silence and guide the inner processes.



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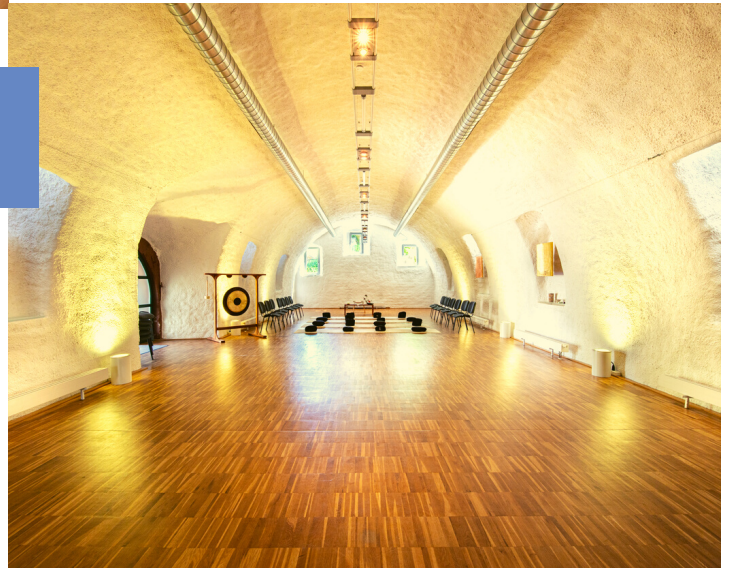


### ZENDO

Our Zendo is the largest room at the Benediktushof. It is mainly used for Zen sesshins, Christian contemplation courses or conferences. The venue is ideal for courses in silence as well as large events.

### VAULT

Various courses take place in our vault - usually courses with singing or music. The special acoustic of the room supports the unfolding of sounds.



### COURSE ROOMS

Several classic course rooms with clear forms and reduced furnishings can be used to facilitate courses. We provide you with an individual offer for the rental of our rooms.



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### ACCOMMODATION

The Benediktushof offers different room categories. All guest rooms are characterized by simplicity in their design. Single and double rooms have their own bathroom. Furthermore, we offer three handicap-friendly rooms.

### RITUALS

We support the practice of mindfulness in silence through a ritualized routine, e.g. in the dining room. We start the meals together with a ritual and share our meals in silence. It is important to know this in order to be able to enjoy the silence as an antipode to the otherwise often hectic world of work and everyday life.



### OUR CUISINE

Our certified organic vegetarian-vegan cuisine is committed to the special spirit of the house. Our food is fresh and predominantly prepared manually. The Benediktushof kitchen maintains a responsible approach to food and serves wholesome meals without meat.



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## PROGRAM

Our program includes a variety of courses in the areas of Christian contemplation, Zen, yoga but also mindfulness, self-development, leadership, research as well as body- or art-oriented courses. If requested, we support your seminar with an impulse lecture (Zen/Contemplation) or an introduction to meditation. Feel free to contact us about this.

## CONNECTEDNESS

The special environment of the Benediktushof supports participants to work outside their usual (work) routine and to be present. This enables a feeling of connectedness (e.g. in the context of team development) and concentrated work. New solutions do not emerge from old, familiar ways of doing the things you do.



## FRANCONIA

Benediktushof is located in the north of Bavaria, near the university town of Würzburg in the heart of Germany. The Franconian vineyards, historical places and modern tourism offers are in the immediate surrounding. The Benediktushof can be reached from Frankfurt in about an hour by train and car and from the train station Würzburg in half an hour.



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### FOR EXTERNAL ORGANIZERS, GUEST SPEAKERS AND COMPANIES

Are you looking for a seminar and conference venue that is characterized by silence, monastic ambience and a certified organic vegetarian and vegan cuisine?

Our well-tended gardens such as the zen garden invite you for inner contemplation. The forests and meadows of the idyllic Aalbach Valley begin directly behind the historical sandstone walls of the former monastery. Companies, guest groups or speakers with their own courses, seminars or workshops are welcome to rent our venues.

### CONDITIONS

We provide you with individual offers for the renting of our facilities. On request, we offer an introduction to meditation as well as lecture sessions. For further information, please contact: Sandra Warmuth:  
Phone: +49 9369-9838-21; E-Mail: [sandra.warmuth@benediktushof-holzkirchen.de](mailto:sandra.warmuth@benediktushof-holzkirchen.de)

#### Prices 2025 for accomodation and catering

|                                    |         |
|------------------------------------|---------|
| Single room with shower/WC:        | € 106,- |
| Double room with shower/WC:        | € 94,-  |
| Shared room with shared shower/WC: | € 76,-  |
| ·Prices per person incl. VAT       |         |

### ROOMS AND EQUIPMENT

We provide you with an individual offer for the rental of our venues. On request, we offer an introduction to meditation as well as lecture sessions.

#### Ausstattung Veranstaltungsräume

| Kursraum | Größe  | Meditations-<br>matten | Yoga-<br>matten | Stuhlkreis | Reihen-<br>bestuhlung | U-Form |
|----------|--------|------------------------|-----------------|------------|-----------------------|--------|
| Zendo    | 240 m² | 120                    | 60              | 60         | 160                   | /      |
| Gewölbe  | 150 m² | 70                     | 40              | 60         | 100                   | /      |
| 601      | 60 m²  | 26                     | 11              | 20         | 30                    | 30     |
| 604      | 65 m²  | 26                     | 11              | 20         | 30                    | 30     |
| 605      | 30 m²  | 10                     | 3               | 10         | 12                    | 10     |
| 400      | 60 m²  | 26                     | 13              | 20         | 30                    | 35     |
| 500      | 60 m²  | 15                     | 7               | 6          | 10                    | /      |
| 800      | 145 m² | 40                     | 20              | 20         | 25                    | /      |
| 900      | 85 m²  | 30                     | 11              | 24         | 30                    | 24     |
| 100      | 190 m² | 60                     | 45              | 30         | 60                    | /      |
| 200      | 115 m² | 35                     | 25              | 26         | 60                    | 24     |



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### CONTACT

For further Information contact

#### Head of Programm and Event

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#### Marketing and Strategic Communications

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"Only in silence does  
the new reveal itself."

(WILLIGIS JÄGER,  
FOUNDER OF BENEDIKTUSHOF)

