

# *Gregg Krech Speaks on Naikan: Cultivating Self-examination and Gratitude*

## **Naikan: A Method of Self-reflection**

Naikan is a Japanese word which means “inside looking” or “introspection”. It is a structured method of self-reflection that helps us to understand ourselves, our relationships and the fundamental nature of human existence.

**GREGG KRECH** is Executive Director of the ToDo Institute, a Naikan education and retreat center located near Middlebury, Vermont. Krech is a leading expert on Japanese approaches to mental health and well-being and is the author of several books.

**Saturday, September 27, 2008**

**8 a.m. to 3 p.m.**

**Pre-Register Fee \$25 includes lunch (by Aug 30)**

**Student Rate \$15 (18 & under) At the door \$35**

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