KISETSU · REIKI & MEDITATION SCHOOL



Meditation, Presence & Reiki

An international catalogue of experiences, workshops, training and individual sessions.

Jordi Ibern

FOUNDER & TEACHER · BARCELONA / INTERNATIONAL

01 / PHILOSOPHY

The art of being present

An approach rooted in simplicity, attentiveness and respect for individual experience.

We live surrounded by activity, information and constant demands on our attention. In the midst of this movement, it becomes easy to lose touch with the most ordinary aspects of being alive: breathing, listening, feeling and relating to others with care.

Meditation, mindfulness and Reiki offer different ways to cultivate a quieter, more conscious relationship with ourselves and the world. They are not about withdrawing from everyday life, but learning to inhabit it with greater presence.

> *Presence is not something we promise.*
> *It is something we cultivate.*

A thoughtful, adaptable practice

Each experience combines clear teaching, appropriate practical exercises and space for personal reflection. Sessions are designed for people with or without previous experience, with respect for different backgrounds, abilities and beliefs.

Professional, but deeply human

The work is equally relevant to a team navigating complex demands, an individual seeking a restorative pause, or a group wishing to explore a traditional contemplative discipline.

02 / SERVICES

Ways of working together

Four complementary areas of practice, offered as individual experiences or thoughtfully designed programmes.

01

Meditation

Guided practices, introductory sessions, extended workshops and meditation programmes that develop steadiness, attention and ease.

IN PERSON / ONLINE WHERE APPROPRIATE

02

Mindfulness & Presence

Practical experiences for individuals, teams and leaders: conscious pauses, emotional awareness, listening and mindful communication.

IN PERSON / ONLINE WHERE APPROPRIATE

03

Reiki

Traditional Japanese Reiki through individual sessions, experiential group workshops and structured courses for those wishing to learn the practice.

IN PERSON / ONLINE WHERE APPROPRIATE

04

Individual Guidance

Private meditation tuition, personalised mindfulness practice, in-depth Reiki sessions and continuing one-to-one support.

IN PERSON / ONLINE WHERE APPROPRIATE

03 / GROUP EXPERIENCES

Meditation & mindfulness

Accessible, experiential sessions to learn, practise and integrate awareness into daily life.

01

An Introduction to Meditation

A clear, welcoming entry point: what meditation is, how to sit comfortably, working with the breath, and meeting distraction without frustration.

30–90 MIN · BEGINNERS / GROUPS

02

Mindfulness in Everyday Life

Exercises in attention, conscious breathing and everyday awareness, followed by practical ways to bring mindfulness into ordinary activities.

60–180 MIN · TEAMS / COMMUNITIES

03

Meditation for Calm & Clarity

A balanced sequence of gentle instruction, guided meditation and quiet practice, offering space to observe the mind and respond more consciously.

45–120 MIN · EVENTS / GROUPS

04

Meditation in Motion & Nature

Mindful walking, gentle Qi Gong-inspired movement and sensory awareness. Suitable for retreats, outdoor settings and restorative group experiences.

60–180 MIN · OUTDOORS / RETREATS

04 / CULTIVATING PRESENCE

Presence in practice

A contemporary approach to attention, emotional awareness and the way we relate to ourselves and others.

01

The Art of Being Present

An experiential workshop on pausing, noticing and inhabiting the present moment. Combines reflection, guided exercises and practical integration.

60 MIN–HALF DAY · OPEN / PRIVATE GROUPS

02

Presence at Work

Mindfulness for busy professionals: navigating pressure, transitions, fragmented attention and the space between stimulus and response.

60–180 MIN · COMPANIES / TEAMS

03

Mindful Communication & Leadership

Attentive listening, emotional self-awareness and presence in conversation. A grounded format for teams and people in positions of responsibility.

HALF DAY–MULTI-SESSION · LEADERS / TEAMS

04

Sustained Presence Programmes

A tailored series of workshops and guided practice, designed to support continuity beyond a single event and encourage personal integration.

BESPOKE SERIES · ORGANISATIONS / GROUPS

05 / REIKI

Reiki: practice & tradition

An invitation to experience or study Reiki through a respectful approach to its Japanese origins.

01

Individual Reiki Sessions

A quiet, unhurried one-to-one session with time to settle, receive Reiki and rest. Offered as a complementary wellbeing practice, with attention to comfort and personal boundaries.

PRIVATE SESSION · IN PERSON

02

Experiencing Reiki — Group Workshop

An accessible introduction to Reiki, its Japanese background and its principles, with guided awareness exercises and an opportunity to explore the practice.

60–180 MIN · GROUPS / RETREATS

03

Traditional Japanese Reiki Training

Structured courses for those who wish to learn Reiki, including personal practice, self-treatment, the Gokai, Reiki methods and the traditional Reiju. Levels and content are adapted to prior learning.

FULL COURSES · PRIVATE / GROUP

04

Reiki for Experienced Practitioners

Refresher sessions, guided practice and further study for Reiki students and teachers seeking greater depth, consistency and connection with the tradition.

CUSTOM FORMAT · PRACTITIONERS

Reiki is a complementary wellbeing practice and is not a substitute for medical or psychological care.

06 / ONE-TO-ONE

Individual sessions

Personal space for practice, guidance and restoration, adapted to each person’s needs and experience.

01

Deep Reiki Session

An extended, attentive Reiki experience in a calm environment, with time for arrival, practice and quiet integration. Particularly suited to those looking for a fuller individual experience.

IN PERSON · BY APPOINTMENT

02

Private Meditation Tuition

Individual guidance for beginning or developing a meditation practice: posture, attention, obstacles, continuity and the rhythms of everyday life.

IN PERSON / ONLINE

03

Mindfulness & Presence Guidance

One-to-one sessions to explore patterns of attention, habitual reactivity and practical ways of cultivating presence with sensitivity and patience.

IN PERSON / ONLINE

04

Ongoing Personal Practice

A flexible series of individual meetings, combining appropriate teaching, practice and reflection to support gradual, sustainable learning.

TAILORED SERIES

07 / FORMATS

Designed around your setting

Every programme begins with an understanding of the group, its context and the experience you would like to create.

Short Experiences

15–30-minute guided pauses for conferences, meetings, retreats and special events.

Workshops & Half-Day Sessions

Interactive sessions with a coherent combination of teaching, experiential practice and reflection.

Courses & Retreats

Multi-session learning, in-depth training and immersive experiences with time for personal integration.

Private & Bespoke Programmes

One-to-one work and programmes created for particular teams, communities or organisations.

Practical details

Sessions in English, Spanish or Catalan. Based in Barcelona and available internationally by arrangement. In-person and online formats are offered where suitable. Group size, session length, accessibility needs and venue requirements are agreed in advance.

08 / JORDI IBERN

Experience & perspective

More than twenty years of teaching across disciplines, cultures and settings.

Jordi Ibern is a meditation and Reiki teacher, author and founder of Kisetsu · Reiki & Meditation School in Barcelona. His work brings together traditional Japanese Reiki, meditation, mindfulness and an attentive, down-to-earth approach to human wellbeing.

His background includes training in mindfulness and emotional management at La Salle and the University of Barcelona; further studies in psychology and the science of wellbeing; Qi Gong and meditation study in China; and sustained engagement with Japanese Reiki practice and culture. He is the author of two books on Reiki and meditation.

Selected organisations & collaborations

Casa Elizalde · Novotel · Yoga Moves (Utrecht) · Yoga Nordic (Helsinki) · Shri Yoga (Vicenza) · Solution Junkies · Yoga One · Dharana Estudi Ioga · Ananda Ioga · NPO Tono Natural Life Network (Japan) · Yogatreat · NOK Yoga Shala (Beirut)

Let us create something meaningful.

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Barcelona, Spain · International projects by arrangement

Jordi Ibern | Kisetsu · Reiki & Meditation School