

Music and arts as an inspiration...



**A gentle refreshment of mind,
body and soul for executives**



Relax, Develop, Conquer

**Re-vitalise your inner- and
outer strengths**

in 4 days

Mind shaping experiences in a wonderful environment



Give yourself a break in a beautiful and quiet environment and regain your strengths to plan the next steps in your professional and personal life with the help of our consultants.

Use nature's advantages as an environment for more conscious learning and perception.

What we can reach together:

1. Reflection of your inner state of mind

- Where am I in life?
- Identification of areas of conflict.
- Problems evolving during everyday management.

2. Your way to personal and professional success

- Identify your personal goals.
- Create a vision of your personal and professional life.
- Tap your full resources of strength.
- Expand your ability to selfstructure.
- Implement your plan.

3. Relaxation

- Cranio - Sacral Therapy, Yoga, Meditation,
- Breathing techniques

4. Alimentary and Life Style consultation

- The four pillars of alimentation,
- Oxydative stress analysis

5. Personal Training based on your individual fitness requirements

6. Teambased coaching

(in case you want to bring a team with you)

- Increase your creativity and improve your team work abilities.
- Core based development.
- Invigorate your individual and collective team spirit.
- Identify areas of conflict and work on them.
- Accomplish personal with collective interests.
- Outdoor training



Conference room: a tent from nomads in Morocco

When:

- **29.06. - 03.07.06**
- **28.09. - 02.10.06**

- 4 days during the nicest month of the year
- Accommodation with breakfast, snack for lunch in double rooms.
- Flight and car rental extra, but we are very happy to help.

How much: 1,895 € + VAT per person

How many: Max. number of participants: 8 to 10

Where?

Balearic island - Spain
(Hacienda "Es Puich")

For more details please feel free to contact:

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