

H O L I S T I C A W A K E N I N G



The daily program

mind body spirit

● MORNING

6:30-7:00 Meditation

7:30-9:00 Yoga

● AFTERNOON

13:30-14:00 Breath-Work or Yoga Nidra

14:30-16:00 Group Coaching

● EVENING

20:15-21:00 Intention Circle

• **MEDITATION:** We will practise different styles of meditation for you to find the one that is suited to your goals. It takes only a few minutes each day to generate the clarity of mind and the direction you need in your personal or business life.

• **YOGA:** Flowing through different styles of Yoga we will explore the fundamental poses connected with the natural rhythm of the breath. We will focus on the body and mind sensation that the pose creates.

• **BREATH-WORK:** You will learn how to properly breath, you will develop new skills and try new tools which will allow you first to assess yourself and later to manage your reactions under stress, anxiety and pain circumstances.

• **YOGA NIDRA:** it's a guided meditation that will bring you on a state of deep relaxation.

• **GROUP COACHING:** Coaching can offer you a new set of eyes, you will see possibilities you haven't seen before. You will be able to change your perspective of the world around you. You will gain intention and direction to support your moving forward.

• **INTENTION CIRCLE:** Every evening, we will join hearts to reflect on the day and bring a thankful mind to the gifts we were able to witness. We will reflect on what action or attitude we'd most like to commit to for the following day, that will make a positive difference. Setting intentions helps create a roadmap for your next day, as we cultivate thoughts about what we want to do and how we want to be, we create a powerful sense of direction that our behaviour naturally flows from to affect positive changes.

H O L I S T I C A W A K E N I N G



The daily program

SUNDAY 17 JULY

WE MEET TO CELEBRATE THE BEGINNING OF OUR JOURNEY TOGETHER

MONDAY 18 JULY *The Exploration*

YOGA - BE STANDING: EASY TO SAY

GROUP COACHING - DO YOU KNOW WHAT YOU REALLY WANT?

TUESDAY 19 JULY *The Connection*

YOGA - THE ART OF SUN SALUTATION

GROUP COACHING - WHAT IS STOPPING YOU?

MORE MAGIC:

TODAY the program will move to the island of Levant where we will be able to enjoy the amazing nature and savour a holistic nutritional lunch

WEDNESDAY 20 JULY *The Flow*

YOGA - THE MOVEMENT OF THE SPINE

GROUP COACHING - MEET YOUR AUTHENTIC SELF

THURSDAY 21 JULY *The Awareness*

YOGA - HAPPY HIPS

GROUP COACHING - DESIGN YOUR ACTIONS INSIDE OUT

MORE MAGIC:

TONIGHT there will be a Moon Circle, a time of musing and amusing with rituals and activities under the moon.

FRIDAY 22 JULY *The Enrichment*

YOGA - BE BALANCED: WHAT A CHALLENGE!

GROUP COACHING - WHAT'S YOUR LIFE PURPOSE?