



Trainings

Coaching-Weeks


Retreats


Summer Intensive View

Trainings, Retreats and Coaching-Weeks


Summer Intensive View

Core Practice

-  Morning Trainings
 - body-mind practices
 - breathing techniques
 - approaches for presence and focus

-  Deep Practice Lab
 - focus and personal mastery
 - body-mind & transformative practices, social technologies
 - reflection and feedback-tools, focussing-practice
 - project lab for prototyping first steps

Retreats

-  Silence / Project / Transition
 - NATURE & SIMPLICITY
guided moving and being in the wild
 - CORE PRACTICE
body-mind and energetic practice
 - PRESENCING practice
contemplative practice, silence and meditation, personal mastery
 - FOCUSING
reflection and feedback, future techniques, prototyping

Coaching

-  Individual & Team Coaching Sessions
 - professional and project development
 - personal mastery
 - physical and mental training practice