



MENTAL RELAXATION & RESILIENCE RETREAT

January 2018 – Final V1

What will be your benefit?

Why are some people struggling on challenges where others go through this without any problem? The keyword is “your personal resilience”! Resilience is your ability to handle challenges in your life that can come from different sides like work, family, relationships or your health. All these sides are in a permanent potential of a change but the question is “how do you handle these changes if they have a negative effect to you”?

In this Mental Relaxation & Resilience Retreat, what consists of three parts, I’ll give you techniques that you can handle your challenges better that come in your life. I’ll help you as well to see your mental backpack (topics that makes your life complex) you’re carrying in your life and especially the parts what keeps you away to enjoy your life. It’s about to get to the secret behind what you know on one hand and on the other hand to learn how you can be more resilient.

8 areas of Resilience Workshops



The three parts in this 6 days program

1. 4 times Relaxation sessions with Meditation, Qi Gong and Yoga Pranayama to get connected to yourself; adopt your situation and come in a quiet mode where you’ve the potential to reflect and act
2. 2 times Resilience training workshops what are based on NLP (Neurolinguistics Programming) and Systemic techniques to handle outside impacts better, be more resilient; learn easy to use techniques for daily life
3. 1 time Personal Kinesiology & Systematic Coaching sessions (1h) to find and solve your personal challenges

Schedule DROP IN Mental Relaxation & Resilience Retreat

Monday	8:00 am – 12:00 am 3:00 pm – 5:00 pm	* Surfing (optional – can be booked additionally) Introduction David - Program & Mental Relaxation Session 1 (Meditation)
Tuesday	8:00 am – 12:00 am 1:00 pm – 5:00 pm	* Surfing (optional – can be booked additionally) 3 slots “Personal Coaching Session” (1h each)
Wednesday	10:00 am – 11:00 am 1:00 pm – 3:30 pm 4:00 pm – 7:00 pm	Mental Relaxation Session 2 (Meditation) Resilience Group Workshop 1 2 slots “Personal Coaching Session” (1h each)
Thursday	8:00 am – 12:00 am 10:00 am – 12:00 am 2:00 pm – 3:00 pm 3:30 pm – 6:00 pm	* Surfing (optional – can be booked additionally) 2 slots “Personal Coaching Session” (1h each) Mental Relaxation Session 3 (Qi Gong) Resilience Group Workshop 2
Friday	10:00 am – 11:00 am 1:00 pm – 4:00 pm 5:00 pm – 6:00 pm 8:00 pm – ~10:00 pm	Mental Relaxation Session 4 (Meditation) 2 slots “Personal Coaching Session” (1h each) Group Review & Retreat Closing Session Group Dinner
Saturday	8:00 am – 12:00 am 10:00 am – 6:00 pm	* Surfing (optional – can be booked additionally) 5 slots “Personal Coaching Session” (1h each)



The minimum of participants will be four and maximum ten to guarantee you individuality and personal progress.

David Arni
Certified NLP Master, Kinesiology and ECA Business Coach