

MOVING LEADERS

FRESH THINKING RETREATS 2019

ISLE OF SANTA MARIA - SARDINIA/ITALY

THIS OPEN RETREAT, DESIGNED FOR EXECUTIVES AND ENTREPRENEURS, IS AN INTENSIVE PERSONAL LEARNING CAMPUS TO CREATE REAL FRESH THINKING.

CONCEPT

COMPREHENSIVE PERSONAL QUALITIES ARE AN ESSENTIAL PREREQUISITE FOR EXECUTIVE AND ENTREPRENEURIAL SUCCESS - MOTIVATION, FLEXIBILITY, CREATIVITY AS WELL AS STABILITY AND CONFIDENCE. THE TODAY'S "VUCA WORLD" WHICH STANDS FOR VOLATILITY, UNCERTAINTY, COMPLEXITY AND AMBIGUITY) REQUIRES EVEN MORE FROM THOSE WHO WANT TO PERFORM LONG-TERM EASILY - IT REQUIRES THE ACTIVE ADAPTABILITY OF ONE'S BRAIN.

SUBJECT

PRACTICAL DEVELOPMENT OF PERSONAL INNATE SKILLS INTO HIGHLY REFINED COMPETENCIES

THE CENTRAL REQUIREMENT TO GET INTO A PERMANENT LEARNING PROCESS IN ORDER TO PUSH THE BRAIN'S ADAPTABILITY IS ATTENTION. NEUROSCIENCE REVEALED* THAT MINDFUL LEARNING OF SKILLS FOR ORGANIZING THE BODY IN MOVEMENT IMPROVES FUNCTIONAL QUALITY, CULTIVATES ATTENTION AND BENEFITS ALL OTHER MENTAL ACTIVITIES. MINDFUL MOVEMENT IS THE HOLISTIC LEARNING MODEL WHICH INTERCONNECTS SENSING, FEELING AND THINKING.

*(Frontiers in Human Neuroscience: Mindful movement and skilled attention & Mindfulness starts with the body, Moshé Feldenkrais, Prof. Dr. Gerald Hüther, Daniel J. Siegel, Norman Doidge)

APPROACH

THE METHOD USED FOR MINDFUL MOVEMENTS IS SOMATIC INTELLIGENCE COACHING - BASED ON THE LATEST INSIGHTS OF BRAIN RESEARCH AND THE TECHNIQUES OF THE **FELDENKRAIS METHOD** - A UNIQUE AND REVOLUTIONARY APPROACH TO THE UNDERSTANDING OF HUMAN LEARNING, MOVEMENT AND FUNCTION THAT AFFECTS REASONING, THINKING AND WAYS OF INTERACTING WITH OTHER PEOPLE.

YOU WILL ENJOY RELAXING GROUP AND ONE-TO-ONE MOVEMENT LESSONS THAT WILL IMMEDIATELY IMPROVE YOUR PHYSICAL AND COGNITIVE FLEXIBILITY:

- VERBALLY GUIDED MOVEMENT LESSONS TO LET YOU CARRY OUT THE MOVEMENTS AT YOUR OWN PACE, WITH ENOUGH TIME TO EXPLORE THEM SO THAT THE LEARNING PROCESS IS ALWAYS COMFORTABLE
- INDIVIDUALIZED HANDS-ON AND MOSTLY NON-VERBAL ONE-TO-ONE MOVEMENT PROCESSES PROVIDING YOU WITH THE ABILITY TO EFFECTIVELY PUT YOUR NEW SKILLS INTO DAY TO DAY PRACTICE
- HIGHLY REFINED PRACTICAL LESSONS IN COMBINATION WITH COGNITIVE REFLECTION AND APPRECIATION FOR YOUR PRIVATE AND PROFESSIONAL MATTERS
- SUPPORT WITH OUR 30 YEAR COACHING & CONSULTING EXPERIENCE TO EXPLORE, SHARE AND DISCOVER NEW CONCEPTS OF THINKING AND ACTING



MOVING LEADERS

Rosenfeldweg 5
82057 Icking, Germany
CEO: Diplom-Kauffrau Irene Heck

+49 172 680 4600
irene.heck@moving-leaders.com
www.moving-leaders.com

ING-DiBa AG Frankfurt
IBAN DE15 500 105 175 530 865 429
BIC INGDDFFXXX, USt-IdNr. DE267726763

OUTCOMES

WITHIN THIS WEEK YOUR PHYSICAL AND INTELLECTUAL MOBILITY WILL INCREASE. YOU WILL CHANGE PERSPECTIVES AND DEVELOP ACTION ALTERNATIVES FOR YOUR DAILY WORK-LIFE BALANCE AS WELL AS FOR THE EFFICIENT MANAGEMENT OF INTERPERSONAL AND ORGANIZATIONAL ISSUES.

PLACE

AN OUTSTANDING SETUP - A SPACIOUS CONTEMPORARY VILLA LOCATED ON THE ISLE OF SANTA MARIA BETWEEN CORSICA AND SARDINIA - WITH BREATHTAKING PANORAMIC SEA VIEWS TO THE ARCHIPELAGO OF LA MADDALENA. TOTALLY SELF-SUSTAINING - WITH OWN FILTERED WATER SYSTEM - A WELL AT 90M DEPTH AND OWN SOLAR ELECTRICITY - COOK. IN CASE OF EMERGENCY THERE IS A HELIPORT ON THE ISLAND.

SERVICES

6 MORNING GROUP LESSONS IN SOMATIC INTELLIGENCE COACHING
2 ONE-TO-ONE SOMATIC INTELLIGENCE COACHING LESSONS
2 ONE-TO-ONE COACHINGS
PERMANENT SUPPORT FOR REFLECTION
INDIVIDUAL AGREEMENTS ON REQUEST

DURATION: 7 DAYS (INCLUDING ARRIVAL AND DEPARTURE TIME)

FEE: 4.900 EUR PER PERSON

DATES: 05. - 12.05.2019

12. - 19.05.2019

22. - 29.06.2019

01. - 08.09.2019

08. - 15.09.2019

LANGUAGE: DEPENDING ON PARTICIPANTS REQUIREMENTS (EN - DE - IT - FR)



INCLUDING

- TRANSFER FROM OLBIA COSTA SMERALDA AIRPORT TO THE ISLE OF SANTA MARIA
- ACCOMMODATION WITH FULL PENSION IN PRIVATE VILLA
- POWER BOAT EXCURSION & FISHING
- GARDEN WITH ROSEMARY, MINT, ALOE VERA
- DOLPHIN WATCHING
- VISIT AND DISCOVER LA MADDALENA AND CAPRERA
- VISIT OF THE TOMBE DEI GIGANTI WITH ITS MAGNETIC ENERGY

PREREQUISITES

OPEN MIND & CURIOSITY

WALKING SHOES & WATER SHOES OR FLIPPERS, WIND JACKET

FOR TRAVELLING: SPORTS BAG (EASIER ON THE BOAT), PREFERABLY WATERTIGHT

NICE TO HAVE: GOGGLES AND FLIPPERS FOR SNORKELLING

ARRIVAL & BOOKING

FLIGHT TO AIRPORT OLBIA COSTA SMERALDA

IRENE HECK - FELDENKRAIS PEDAGOGUE & COACH

CELL: +49 172 6804600 irene.heck@moving-leaders.com www.moving-leaders.com

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The Retreat -
Group Lessons -
Private Lessons -
Coaching

*„In order to learn you
need time, attention
and the ability to
differentiate.“*

Moshé Feldenkrais



Awareness -
Sensing - Thinking -
Moving

*“Movement is life. Life
is a process. Improve
the quality of the
process and you
improve the quality of
life itself.“*

Moshé Feldenkrais





The Place -
Isola Santa Maria -
Arcipelago of La
Maddalena - located
between Corsica and
Sardinia

*“ Life in Sardinia is
perhaps the best that a
man can wish for:
twenty-four thousand
miles of forests,
countryside,
coasts embedded in a
miraculous sea should
coincide with what I
would recommend to
the good God to give us
as Paradise.*

Fabrizio De André

