

SATURDAY

20/03

16:00 - 17:00

ARRIVAL &
ACCOMMODATION

Checking-in to the accommodation. Everything is booked and prepared.

18:00 - 19:00

WELCOME GATHERING

Let's form a circle. Make yourself comfortable. Open up to deep listening and share your story. To get to know ourselves better on a personal level.

19:00 - 20:00*

DINNER

*

We carefully choose the menu for the whole week to make sure we provide all of the good nutrients. For the dinners expect hot dishes like curry, vegan stews accompanied by grains, rice or pasta.

SUNDAY

21/03

08:00 - 08:40

FLOW MOVEMENT PRACTICE

Marta

Vinyasa flow yoga to give our emotional body and physical body full attention.

08:40 - 09:00

MORNING MINDFULNESS PRACTICE

Maris

Deep listening combined with guided meditation to help with mind-wandering, worrying and poor attention.

09:00 - 10:00*

BREAKFAST BUFFET

10:00 - 11:00

BODY EMPOWERMENT

Marta

One hour session dedicated to hidden knowledge in our physical body, our levels of vitality and energy and how everything is connected with our emotions and thoughts.

11:00 - 13:00

PERSONAL TIME

13:00 - 14:00

LUNCH

14:00 - 17:00

PERSONAL TIME

17:00 - 18:00

MIND EMPOWERMENT

Maris

One hour diving deep into our minds and learning to raise our consciousness level through meditation and self-reflection. Exploring healthy habits building and ways to manage our emotions.

19:00 - 20:00

DINNER

* Table full of fresh fruits and vegetables, tahini, granola and toasts.

MONDAY

22/03

08:00 - 08:40

FLOW MOVEMENT PRACTICE

Marta

Vinyasa flow yoga to give our emotional body and physical body full attention.

08:40 - 09:00

MORNING MINDFULNESS PRACTICE

Maris

Deep listening combined with guided meditation to help with mind-wandering, worrying and poor attention.

09:00 - 10:00

BREAKFAST BUFFET

10:00 - 13:00

COWORKING/PERSONAL TIME

13:00 - 14:00*

LUNCH

14:00 - 18:00

COWORKING/PERSONAL TIME

18:00 - 19:00

MOVEMENT LAB

Marta

Moving through different games, movement exercises and improvisational dances. Discovering numb spots and exploring the unknown and uncomfortable. Tapping into the joy of moving and playfulness.

19:30 - 20:30

DINNER

* For lunches expect bowls with fresh salads, baked vegetables, grains and vegan dipping sauces.

TUESDAY

23/03

08:00 - 08:40

FLOW MOVEMENT PRACTICE

Marta

Vinyasa flow yoga to give our emotional body and physical body full attention.

08:40 - 09:00

MORNING MINDFULNESS PRACTICE

Maris

Deep listening combined with guided meditation to help with mind-wandering, worrying and poor attention.

09:00 - 10:00

BREAKFAST BUFFET

10:00 - 13:00

COWORKING/PERSONAL TIME

13:00 - 14:00

LUNCH

14:00 - 18:00

COWORKING/PERSONAL TIME

18:00 - 19:00

MASTERMIND

Every participant presents a professional problem or situation they are facing and can't find a solution/reason. The group brainstorms on giving practical and personal advice. Mastermind always results in fresh perspectives and solutions from combined knowledge from different life experiences and professional backgrounds.

19:30 - 20:30

DINNER

WEDNESDAY 24/03

08:00 - 08:40

FLOW MOVEMENT PRACTICE

Marta

Vinyasa flow yoga to give our emotional body and physical body full attention.

08:40 - 09:00

MORNING MINDFULNESS PRACTICE

Maris

Deep listening combined with guided meditation to help with mind-wandering, worrying and poor attention.

09:00 - 10:00

BREAKFAST BUFFET

10:00 - 13:00

COWORKING/PERSONAL TIME

13:00 - 14:00

LUNCH

14:00 - 18:00

COWORKING/PERSONAL TIME

18:00 - 19:00

GROUP SESSION

Maris

To be announced.

19:00 - 20:00

DINNER

20:00 - 22:00

SHARING CIRCLE

Following #BorderlessTalk gathering session with guided questions with the aim of going quickly from small talk to deep connection, learn from each other, build empathy and unconditional understanding.

THURSDAY

25/03

08:00 - 08:40

FLOW MOVEMENT PRACTICE

Marta

Vinyasa flow yoga to give our emotional body and physical body full attention.

08:40 - 09:00

MORNING MINDFULNESS PRACTICE

Maris

Deep listening combined with guided meditation to help with mind-wandering, worrying and poor attention.

09:00 - 10:00

BREAKFAST BUFFET

10:00 - 13:00

COWORKING/PERSONAL TIME

13:00 - 14:00

LUNCH

14:00 - 18:00

COWORKING/PERSONAL TIME

18:00 - 19:00

MASTERMIND

Every participant presents a professional problem or situation they are facing and can't find a solution/reason. The group brainstorms on giving practical and personal advice. Mastermind always results in fresh perspectives and solutions from combined knowledge from different life experiences and professional backgrounds.

19:30 - 20:30

DINNER

20:30 - 22:00

MOVIE NIGHT

Let's get comfortable on the sofas and consume enriching, insightful story.

FRIDAY

26/03

08:00 - 08:40

Marta

FLOW MOVEMENT PRACTICE

Vinyasa flow yoga to give our emotional body and physical body full attention.

08:40 - 09:00

Maris

MORNING MINDFULNESS PRACTICE

Deep listening combined with guided meditation to help with mind-wandering, worrying and poor attention.

09:00 - 10:00

BREAKFAST BUFFET

10:00 - 13:00

COWORKING/PERSONAL TIME

13:00 - 14:00

LUNCH

14:00 - 18:00

COWORKING/PERSONAL TIME

18:00 - 20:00

CONNECTION SESSION & ECSTATIC DANCE

Exercises such as eye gazing with the aim of deepening the connection within the group that opens up to the whole experience. Session is also part of mindset training as we first dig deeper into where emotions surface and how unconditional love influences our lives.

Freeform movement experience where we let ourselves to move with no structure or choreography, following professional DJ set.

20:00 - 21:00

DINNER

SATURDAY

27/03

08:00 - 08:40

Marta

FLOW MOVEMENT PRACTICE

Vinyasa flow yoga to give our emotional body and physical body full attention.

08:40 - 09:00

Maris

MORNING MINDFULNESS
PRACTICE

Deep listening combined with guided meditation to help with mind-wandering, worrying and poor attention.

09:00 - 10:00

BREAKFAST BUFFET

10:00 - 11:00

CHECK OUT