

SATURDAY

28/11

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

29/11

09:00 - 09:40

FLOW MOVEMENT PRACTICE

Marta

Flow movement combined with stretching and breathing to give body full attention.

09:40 - 10:00

MORNING MINDFULNESS PRACTICE

Maris

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

10:00 - 11:00 *

BREAKFAST BUFFET

11:00 - 12:00

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.

12:00 - 14:00

PERSONAL TIME

14:00 - 15:00

LUNCH

15:00 - 17:00

PERSONAL TIME

17:00 - 18:00

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.

19:00 - 20:00

DINNER

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

MONDAY

30/11

09:00 - 09:40

FLOW MOVEMENT PRACTICE

Marta

Flow movement combined with stretching and breathing to give body full attention.

09:40 - 10:00

MORNING MINDFULNESS PRACTICE

Maris

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

10:00 - 11:00

BREAKFAST BUFFET

11:00 - 14:00

COWORKING/PERSONAL TIME

14:00 - 15:00*

LUNCH

15:00 - 17:00

COWORKING/PERSONAL TIME

17:00 - 18:00

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.

18:00 - 20:00

TEAM COOKING AND DINNER

Chosen 1/2 of the group cooking together. Team-building exercise where everyone has something to contribute with. After that taste even better!

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

TUESDAY

01/12

09:00 - 09:40

FLOW MOVEMENT PRACTICE

Marta

Flow movement combined with stretching and breathing to give body full attention.

09:40 - 10:00

MORNING MINDFULNESS PRACTICE

Maris

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

10:00 - 11:00

BREAKFAST BUFFET

11:00 - 14:00

COWORKING/PERSONAL TIME

14:00 - 15:00

LUNCH

15:00 - 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.

19:00 - 20:00

DINNER

WEDNESDAY

02/12

09:00 - 09:40

FLOW MOVEMENT PRACTICE

Marta

Flow movement combined with stretching and breathing to give body full attention.

09:40 - 10:00

MORNING MINDFULNESS
PRACTICE

Maris

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

10:00 - 11:00

BREAKFAST BUFFET

11:00 - 14:00

COWORKING/PERSONAL TIME

14:00 - 15:00

LUNCH

15:00 - 18:00

COWORKING/PERSONAL TIME

18:00 - 19:00

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.

19:00 - 20:00

DINNER

THURSDAY

03/12

09:00 - 09:40

FLOW MOVEMENT PRACTICE

Marta

Flow movement combined with stretching and breathing to give body full attention.

09:40 - 10:00

MORNING MINDFULNESS PRACTICE

Maris

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

10:00 - 11:00

BREAKFAST BUFFET

11:00 - 14:00

COWORKING/PERSONAL TIME

14:00 - 15:00

LUNCH

15:00 - 18:00

COWORKING/PERSONAL TIME

18:00 - 19:00

CONNECTION SESSION

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.

19:00 - 20:00

DINNER

FRIDAY

04/12

09:00 - 09:40

FLOW MOVEMENT PRACTICE

Marta

Flow movement combined with stretching and breathing to give body full attention.

09:40 - 10:00

MORNING MINDFULNESS PRACTICE

Maris

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

10:00 - 11:00

BREAKFAST BUFFET

11:00 - 14:00

COWORKING/PERSONAL TIME

14:00 - 15:00

LUNCH

15:00 - 17:00

COWORKING/PERSONAL TIME

18:00 - 19:00

EMPATHY TRAINING

In order to connect with people, we need to be able to understand their perspectives, emotions, and motivations on a deeper level. Training empathy taps into understanding the basic needs of humans to cultivate unconditional love and compassion through practical exercises.

19:00 - 20:00

DINNER

20:00 - 22:00

MOVIE NIGHT

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

SATURDAY

05/12

09:00 - 09:40

FLOW MOVEMENT PRACTICE

Marta

Flow movement combined with stretching and breathing to give body full attention.

09:40 - 10:00

MORNING MINDFULNESS PRACTICE

Maris

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

10:00 - 11:00

BREAKFAST BUFFET

11:00 - 14:00

PERSONAL TIME

14:00 - 15:00

LUNCH

15:00 - 17:00

PERSONAL TIME

17:00 - 18:00

ECSTATIC DANCE

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

18:00 - 20:00

TEAM COOKING AND DINNER

Chosen 1/2 of the group cooking together. Team-building exercise where everyone has something to contribute with. After that taste even better!

SUNDAY

06/12

09:00 - 09:40

FLOW MOVEMENT PRACTICE

Marta

Flow movement combined with stretching and breathing to give body full attention.

09:40 - 10:00

MORNING MINDFULNESS PRACTICE

Maris

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

10:00 - 11:00

BREAKFAST BUFFET

11:00

CHECK OUT

11:00 - 14:00

PERSONAL TIME

14:00 - 15:00

LUNCH

15:00 - 17:00

PERSONAL TIME

17:00 - 18:00

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.

18:00 - 19:00

CONNECTION SESSION

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

19:00 - 20:00

DINNER

MONDAY

07/12

09:00 - 09:40

FLOW MOVEMENT PRACTICE

Marta

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17:00 - 18:00

MOVEMENT LAB

Marta

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09:40 - 10:00

MORNING MINDFULNESS PRACTICE

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18:00 - 20:00

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10:00 - 11:00

BREAKFAST BUFFET

11:00 - 14:00

COWORKING/PERSONAL TIME

14:00 - 15:00

LUNCH

15:00 - 17:00

COWORKING/PERSONAL TIME

TUESDAY

08/12

09:00 - 09:40

FLOW MOVEMENT PRACTICE

Marta

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09:40 - 10:00

MORNING MINDFULNESS PRACTICE

Maris

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

10:00 - 11:00

BREAKFAST BUFFET

11:00 - 14:00

COWORKING/PERSONAL TIME

14:00 - 15:00

LUNCH

15:00 - 18:00

COWORKING/PERSONAL TIME

18:00 - 19:00

MASTERMIND

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DINNER

WEDNESDAY

09/12

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THURSDAY

10/12

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BREAKFAST BUFFET

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COWORKING/PERSONAL TIME

14:00 - 15:00

LUNCH

15:00 - 18:00

COWORKING/PERSONAL TIME

18:00 - 19:00

WORK PURPOSE

Skill-sharing session where we find alternative professional routes/carrier patterns and fresh ideas for each participant.

19:00 - 20:00

DINNER

FRIDAY

04/12

09:00 - 09:40

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TEAM COOKING AND DINNER

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SUNDAY

06/12

09:00 - 10:00

BREAKFAST BUFFET

10:00 - 11:00

CHECK OUT