

## SATURDAY 24/10

## 15:00 - 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 - 21:00

DINNER

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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

25/10

08:00 - 08:40

Marta

FLOW MOVEMENT PRACTICE

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

08:40 - 09:10

Maris

MORNING MINDFULNESS PRACTICE

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

09:10 - 10:00

BREAKFAST BUFFET

Maris

10:00 - 11:00

MIND EMPOWERMENT

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.

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

11:00 - 12:00

Marta

BODY EMPOWERMENT

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.

12:00 - 13:00

PERSONAL TIME

13:00 - 14:00

LUNCH

14:00 - 17:00

MINDFUL WALK IN THE NATURE

20 min drive to Praia da Rocha and discovery walk around the cliffs with never ending breathtaking views.

17:00 - 19:00

CONNECTION SESSION

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

MONDAY

26/10

08:00 - 08:40

Marta

FLOW MOVEMENT PRACTICE

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

08:40 - 09:10

Maris

MORNING MINDFULNESS PRACTICE

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

09:10 - 10:00

BREAKFAST BUFFET

10:00 - 11:00

MINDFUL WORK

Goals setting session and introduction to smart working, learning how to manage your energy and commitments.

11:00 - 13:00

COWORKING/PERSONAL TIME

13:00 - 14:00\*

LUNCH

14:00 - 18:00

COWORKING/PERSONAL TIME

18:00 - 18:40

WORK PURPOSE

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

18:40 - 19:00

Maris

EVENING MINDFULNESS PRACTICE

Closing session to reflect on the day and check-in with ourselves on our emotions and thoughts.

19:00 - 20:00

DINNER

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

TUESDAY

27/10

08:00 - 08:40

Marta

FLOW MOVEMENT PRACTICE

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

08:40 - 09:10

Maris

MORNING MINDFULNESS PRACTICE

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

09:10 - 10:00

BREAKFAST BUFFET

10:00 - 11:30

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.

11:30 - 13:00

COWORKING/PERSONAL TIME

13:00 - 14:00

LUNCH

14:00 - 18:00

COWORKING/PERSONAL TIME

18:00 - 18:40

Marta

MOVEMENT LAB

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.

18:40 - 19:00

Marta

BODY RELAXATION

Closing session to let our body rest and relax. Taking a moment to surrender.

19:00 - 21:00

TEAM COOKING AND DINNER

Chosen 1/3 of the group cooking together. Team-building exercise where everyone has something to contribute with. After that taste even better!

## WEDNESDAY 28/10

08:00 - 08:40

Marta

FLOW MOVEMENT PRACTICE

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

08:40 - 09:10

Maris

MORNING MINDFULNESS PRACTICE

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

09:10 - 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 - 18:40

DEEP CONNECTION

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.

18:40 - 19:00

Maris

EVENING MINDFULNESS PRACTICE

Closing session to reflect on the day and check-in with ourselves on our emotions and thoughts.

19:00 - 20:00

DINNER

THURSDAY

08:00 - 08:40

Marta

29/10

FLOW MOVEMENT PRACTICE

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

08:40 - 09:10

Maris

MORNING MINDFULNESS PRACTICE

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

09:10 - 10:00

BREAKFAST BUFFET

10:00 - 11:30

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.

11:30 - 13:00

COWORKING/PERSONAL TIME

13:00 - 14:00

LUNCH

14:00 - 18:00

COWORKING/PERSONAL TIME

18:00 - 18:40

ECSTATIC DANCE

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

18:40 - 19:00

Marta

BODY RELAXATION

Closing session to let our body rest and relax. Taking a moment to surrender.

19:00 - 21:00

TEAM COOKING AND DINNER

Chosen 1/3 of the group cooking together. Teambuilding exercise where everyone has something to contribute with. After that taste even better! FRIDAY

30/10

08:00 - 08:40

Marta

FLOW MOVEMENT PRACTICE

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

08:40 - 09:10

Maris

MORNING MINDFULNESS PRACTICE

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

09:10 - 10:00

BREAKFAST BUFFET

10:00 - 11:00

Maris

TRAINING EMPATHY

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.

11:00 - 13:00

COWORKING/PERSONAL TIME

13:00 - 14:00

LUNCH

14:00 - 18:00

COWORKING/PERSONAL TIME

18:00 - 20:00

TEAM COOKING AND DINNER

Chosen 1/3 of the group cooking together. Teambuilding exercise where everyone has something to contribute with. After that taste even better!

20:00 - 22:00

MOVIE NIGHT

Let's get comfortable on the sofas and consume enriching, insightful story. SATURDAY 31/10

SUNDAY

01/11

08:00 - 08:40

Marta

Maris

FLOW MOVEMENT PRACTICE

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

10:00 - 12:00

09:00 - 10:00

BREAKFAST BUFFET

CHECK-OUT

08:40 - 09:10

MORNING MINDFULNESS PRACTICE

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

09:10 - 10:00

BREAKFAST BUFFET

10:00 - 19:00

FULL DAY IN NATURE

Discovery expedition around Quinta da Rocha natural reserve where Alvor river touches the ocean. And how about picnic on the beach?

19:00 - 20:00

DINNER