

## **Program 2020 Gran Canaria**

### **L.E.S.S. \*Love Earth - Soul - Spirit\* Consciousness transformation training**

Designed for CEO's, managers, coaches, psychologists, social workers, counsellors and Organisational Development professionals specialised in HR, health care and education.

All 7 days the theory lessons in the morning are followed and implemented by practical experiences in the afternoon, individually or in small groups.

#### **Day 1 Breathing & Earthing**

- 7-9 Breakfast
- 9-10 Breathing & Earthing
- 10-13 L.E.S.S. study
- 13-15 Lunch & siesta
- 15-18 Practical experiences and less(ons)
- 19 Dinner & rest

#### **Day 2 Cognitive dissonance techniques & Bodywork**

- 7-9 Breakfast
- 9-10 Yoga / meditation
- 10-13 L.E.S.S. study: EMDR, Mindfulness/MBCT, EFT, hypnosis techniques
- 13-15 Lunch & siesta
- 15-18 Practical experiences and less(ons)
- 19 Dinner & rest

#### **Day 3 Ancient sound frequency - Heartfulness - Openness**

- 7-9 Breakfast
- 9-10 Yoga / meditation
- 10-13 L.E.S.S. study: shamanism, sound frequencies, nature rhythms, timelessness
- 13-15 Lunch & siesta
- 15-18 Practical experiences and less(ons)
- 19 Dinner & rest

#### **Day 4 Mindlessness - Mindfulness**

- 7-9 Breakfast
- 9-10 Yoga / meditation
- 10-13 L.E.S.S. study: buddhism, taoism, law of attraction, power of love
- 13-15 Lunch & siesta
- 15-18 Practical experiences and less(ons)
- 19 Dinner & rest

## **Day 5 Wakefulness -Soul journey**

- 7-9 Breakfast
- 9-10 Yoga / meditation
- 10-13 L.E.S.S. study: universal laws, archetypes, inner core soul journey
- 13-15 Lunch & siesta
- 15-18 Practical experiences and Less(ons)
- 19 Dinner & rest

## **Day 6 Natural Integration**

- 7-9 Breakfast
- 9-10 Yoga / meditation
- 10-13 L.E.S.S. study: natural body integration, awareness of **I AM**
- 13-15 Lunch & siesta
- 15-18 Practical experiences and LESS(ons)
- 19 Dinner & rest

## **Day 7 Evaluation**

- 7-9 Breakfast
- 9-10 Yoga / meditation
- 10-13 L.E.S.S. study: stillness, lessness, wakefulness
- 13-15 Lunch & siesta
- 15-18 Practical experiences and L.E.S.S.(ons): gathering, reflections and integration: I AM a transformational leader
- 18-19 Certification, check-out and farewell

After the training you will get the L.E.S.S. Handbook with your transformation plan for the coming future.

By the end of the L.E.S.S. retreat, you will have improved your intuition, empathy and self-awareness:

- Gaining clarity, compassion, consciousness and courage
- Building communities and increasing your natural leadership efficiency
- Becoming spiritual wiser and increasing your talents
- Learning a new, balanced and tolerant mind-set
- Developing your abilities
- Co-creation
- Reducing anxiety, depression and stress
- Improves physical, mental and spiritual health

This program is developed by @ZieMens