

PROGRAM

BODY & MIND RETREAT



Day 1 - Welcome to Finca la Vall

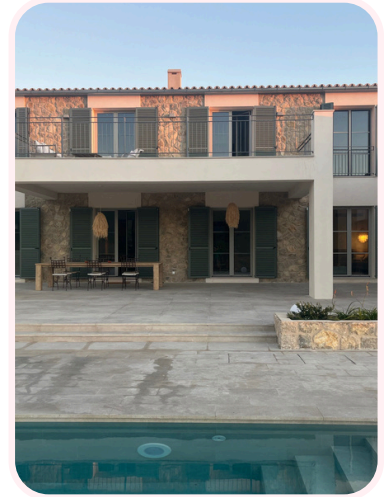
Transfer to Mallorca on your own

Pickup at the airport and transport to Finca la Vall (approx. 40 min)
Welcome to Finca la Vall and accommodation in your room

Lunch at Finca la Vall & time to explore the surroundings, get to know each other, relax by the pool

Group session: introduction to the coming days & "food for thoughts"

Welcome dinner at Finca la Vall



Day 2 - Your goals & barriers

Breakfast at Finca la Vall

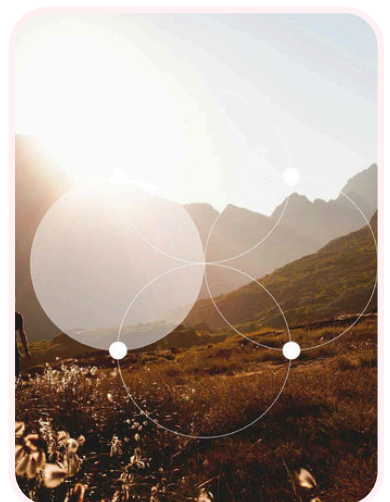
Group session: Goals & Barriers. Breakout session to work on your own goal. You are guided and challenged

Breakfast at Finca la Vall

Guided hike in the mountains (3 hours). Reflection on goals and barriers

Relaxation by the pool

Dinner at Finca la Vall



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Day 3 - Morning walk & individual plans

Morning hike in the mountains (3 hours). We start at 7am and hike into the mountains before breakfast. The first hour in silence.

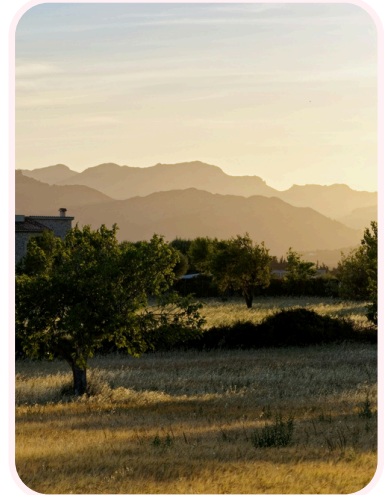
Big brunch at the finca awaits when we return.

Individual coaching sessions: You get an individual coaching session focusing on your goals, barriers and action plan

Group session: Those who want to share their goals and action plans. Not necessary

Dinner at Finca la Vall

Group session: Motivation & pattern breaking



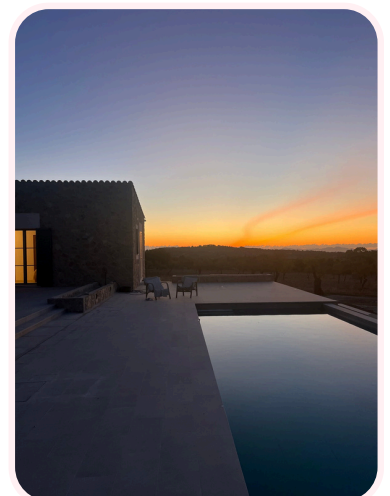
Day 4 - The long hike - focus on your strengths

Breakfast at Finca la Vall

Long hike (6-7 hours) including lunch in the mountains. The long hike must challenge you physically and give you the last "can do" attitude in your luggage. We work as a team and ensure that everyone has a good experience.

Group session: What do I take home with me and how do I act on my goals

Farewell dinner at Finca la Vall



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Day 5 - Home journey

Breakfast at Finca la Vall Transfer to the airport Return to Denmark on your own

What do you take home?

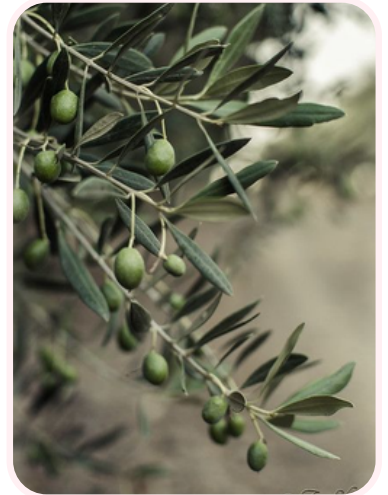
A body and mind full of energy

A plan for the first steps on your new path and a goal defined by yourself and your coach

Greater clarity about your personal strengths and resources

Filled up by the sun, nature and healthy local food

Probably new friendships - and certainly inspiration from other people



What should you bring?

An open mind and a desire to jerk you

Reflect on a goal you would like to achieve / something in your life you might want to change. Big or small. It must be something that is positive for you and within your own discretion. So something you can influence yourself. Remember you can do more than you think!

A certain physical fitness - so you can walk for a few hours - also uphill

