

RESILIENCE RETREAT Jordan 18-24 April
2020

Resilience Retreat: restore your vitality

**AN UNIQUE HANDS-ON PROGRAMME
TO REDUCE STRESS AND BUILD YOUR
RESILIENCE.**

**18- 24 APRIL 2020 IN JORDAN
6 NIGHTS/ 5 DAYS**

The combination of our innovative approach with enough time to relax in a stunning country, will leave you feeling relaxed, balanced and strengthened long after the retreat. With a clear mind and methods to use back home you can increase your workflow, productivity and find a healthy work-life balance.

Do you wish to get more grip on your work and life? Do you want to feel more balanced and resilient?



resilience retreat



Mountain Breeze Resort in Salt, Jordan

JOIN OUR 5-DAY RESILIENCE RETREAT!

Meet the trainers

Rates 5-day retreat

Early Bird 1430 Euro until 31 January 2020

Normal price from 1480 Euro

All bookings will be handled by our partnering
travel agent

In2Jordan

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Our unique approach

We offer:

- A beautiful, natural location.
 - Time to unwind.
 - Accommodation and good food prepared with love for the "inside you".
 - Our professionalism with care, (com)passion and enthusiasm.
 - **4 sessions of Tension Releasing Exercises (TRE®)**
A practical self-help method to release tension on a deep level in the body through muscular tremors. No talking, but physical release of tension combined with insights on how stress and trauma impacts body and mind.
TRE focuses on releasing the psoas muscle, which connects the upper to the lower body. This muscle is also called the "fight or flight" muscle, as it easily stores physical and emotional stress over the course of our lives.
 - **3 sessions of Quantum Energy coaching (QEC)**
A transformative practice that aligns your subconscious with your conscious mind by changing limiting beliefs into constructive, positive convictions. Your programmed subconscious mind directs most of your behaviour, emotions and interactions. Lasting changes comes from changing your subconscious beliefs. QEC is easy and effective method with immediate and lasting impact.
The sessions are combined with insight in how resilience is formed and how your programmed subconscious mind directing your behaviour, emotions and interactions.
 - **3 sessions of Stress Management methods**
To rebalance work-life habits and priorities, and increase workload and efficiency.
 - **4 short sessions of practical Restorative Inventions**
for daily use to restore muscle groups and breathing rhythm.
 - Self-awareness, group experience and shared support.
- MOST IMPORTANT: all practical tools and self-help methods can safely be used back home.**

Reconnect body and mind

Stress is useful, as it helps us to avoid danger and perform better. The difficulty is when we have too much stress over a longer period and we forget to release tension. Chronic stress can severely impact our well-being and health, our social life and the quality of our work.

Research of the Antares foundation in the humanitarian and development sector shows that staff report high levels of physical and emotional stress, depression, anxiety, burnout and alcoholism. In such a state the body and mind easily disconnect.

The good news is: we, human beings, have the natural mechanism to release tension, yet we only have to learn how to re-use it. So, let's get out of our head in order to adapt to the challenges of modern day life.

We **don't** offer:

- A quick fix: your personal efforts are the only components capable of making a difference.
- Lasting world peace! we focus on "inner peace".
- Psychotherapy or psychiatric treatment: we don't go in-depth into stories from the past.
When you are in medical or psychiatric care, discuss with your healthcare professional if it is wise to participate – we are open to inform them on our approach
- Spiritual work, healing hocus-pocus or whatsoever.





We, Nicolien and Alice, are two Dutch specialists in stress management and trauma prevention and recovery. In our work we notice that employees tend to overlook their personal needs.

"The importance of physical and mental fitness is often underestimated by organisations and teams."

We are passionate in working with groups and individuals, and made it our daily work to support people to rejuvenate from chronic stress and trauma and help them regulate their lives in an easier way.

BOOK NOW

www.resilience-retreat.org