

Mindfulness Down to Earth

Beyond solemnity and pathos: discover mindfulness as a resource – tangible, down to earth, and cheerful. Inspiring experiences from meditation, Feldenkrais and Aikido, linking mindfulness to your daily life.

SEMINAR TWO DAYS

TIBOR KOROMZAY

Facilitator, Consultant, Coach

ANNATINA ESCHER KOROMZAY

Feldenkrais practitioner, Movement Therapist



MINDFULNESS DOWN TO EARTH

TOPICS

What does mindfulness mean at 8:30 in the office? Different approaches to mindfulness, elements from Zen meditation, Feldenkrais, and aikido, applicable in practice, practical exercises in mindfulness, both mentally and bodily, alternating with sequences that support transfer into daily life.

PARTICIPANTS

The Seminar addresses leaders and other professionals who want deal with daily challenges in an aware manner, benefitting from mindfulness a down-to-earth, viable way without pathos.

YOUR BENEFIT

You learn about different approaches to mindfulness, experience the effect of an attitude of exercise, and you find forms of mindfulness that are suitable for you individually. You benefit from two facilitators co-leading the seminar. You retreat from daily work and come back freshly inspired.

METHODS USED

Lectures, discussion of practical examples brought up by the participants, exercises from various approaches based on mindfulness, transfer sequences in small groups.

DATES AND WORKING SCHEDULES

September 29/30, 2016

Day one: hrs 14-21. Day two: hrs 9-16

LOCATION

Hotel Bleiche, 8636 Wald ZH.

www.bleiche.ch

We gladly book a hotel room for you (single room starting at CHF 100.--), if you wish so.

PRICE

CHF 1'300.--

Including dinner on the first day, lunch on the second day, break meals, course documentation.

Cancellation fees: free of charge up to 45 days before the seminar, 50% up to 25 days before, 100% less than 25 days before.

REGISTRATION / CONTACT

office@tiborkoromzay.ch (15 participants max.)

THE FACILITATORS

Tibor Koromzay, 1967, longtime management experience at board level in the private sector, psychologist, psychotherapist, 2nd Dan Aikidoka, Zen practitioner. He works as a freelance facilitator, consultant and coach, focusing on leadership, change, personal growth and corporate culture.

www.tiborkoromzay.ch

Annatina Escher Koromzay, 1968, Feldenkrais practitioner, movement therapist, musician, Zen practitioner. She works in private practice and at Hohenegg (private clinic for psychiatry and psychotherapy); she has a long term experience working clinically with burnout and stress related disorders. She has worked in the music business for 20 years.

www.annatinaescher.ch