

# 1.YOGA

History – Philosophy – Anatomy

- On the mat → **ASANA**
- Off the mat → **Personal Development Plan**

**Energy**

Chakra's – Pranayama – Meditation



# 7.DANCE + MUSIC

- Improvisation
- Expression
- Meditation
- Charging



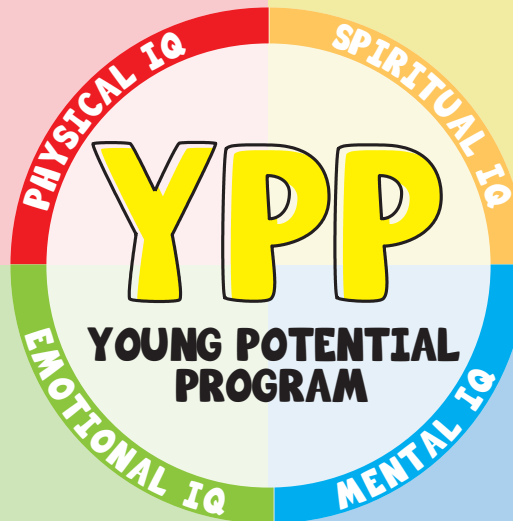
# 2.NUTRITION

- Mindfull eating
- Orthomolecular
- Yin – Yang eating
- You become what you eat



# 6.COMMUNICATION

- Talking with the universe. → **I am**
- Talking with yourself. → **Self-talk**
- Talking with others. → **Communication**
- Communication models
- NLP basics

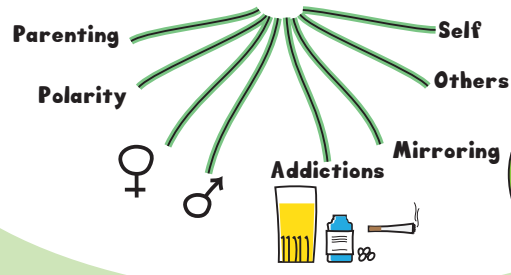


# 3.PERSONAL LEADERSHIP

- Who am I?
- What do I want?
- Why?
- What is my essence?

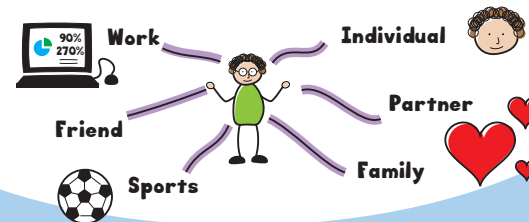


# 5.RELATIONSHIPS



# 4.PERSONAL MANAGEMENT

How to organise your: "who - what and why"



# BIO ORGANIC FARM “MASIA ESCRITOR”

**YPP JULY 1: 01.07.2020 – 15.07.2020**

**YPP JULY 2: 17.07.2020 – 31.07.2020**

14 participants per program – 130 km from Barcelona  
Fresh and homegrown products – International team of teachers  
**2.490 euro all inclusive (transport not included)**

**SIGN UP NOW!**  
ONLY 28 PARTICIPANTS IN 2020

## DAILY ROUTINE

**6-8u** Yoga on the mat

**8-10u** Breakfast & free time

**10-13u** BLOCK I

**13-15u** Lunch & free time

**15-18u** BLOCK II

**18-20u** Dinner & free time

**20-22u** Camp fire / Music / Fun  
Free time / Yoga / Closure

## GET INSIGHTS ABOUT YOURSELF IN THIS 2-WEEK-PROGRAM

### CHILDHOOD & PUBERTY

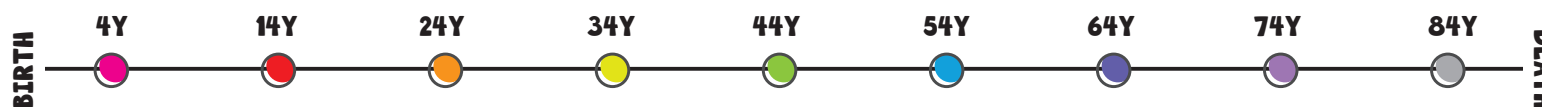
AGE: 4-24

### ADULthood

AGE 24-54

### MATURE ADULthood

AGE 54-84



YOGA ON THE MAT

YOGA OFF THE MAT

PERSONAL LEADERSHIP

PERSONAL MANAGEMENT

RELATIONSHIPS

COMMUNICATION

MUSIC - DANCE - IMPROVISATION - EXPRESSION

LIFE ENERGY

