

Re-Energize

Mindfulness and Hatha Yoga Practices



Resilience

Practices like mindfulness, self-compassion and yoga nurture health and happiness and are antidotes to stress.

Everybody has difficult experiences, but it's very individual how a person responds to those situations. The threshold to distress varies from person to person, depending on how much stress has been accumulated without being balanced by activating the parasympathetic nervous system, responsible for relaxation. When losing touch with the way our bodies are feeling, ending up living 'in our heads' - caught up in our thoughts without noticing how those thoughts are driving our emotions and behaviour - we are trapped in a vicious cycle of increasing stress levels, impacting our health and our mental and emotional well-being negatively. The remedy is to become aware of :



Meditation and Mindfulness Exercises



Body Scan, Progressive Muscle Relaxation, Visualization



Mindful Hatha Yoga Practice

BODY SENSATIONS

1

When focusing our attention on the breath and body sensations, they become our anchor in the present moment.

THOUGHTS

2

Come and go, can take us away from the present moment into the past or the future, are stories, not facts.

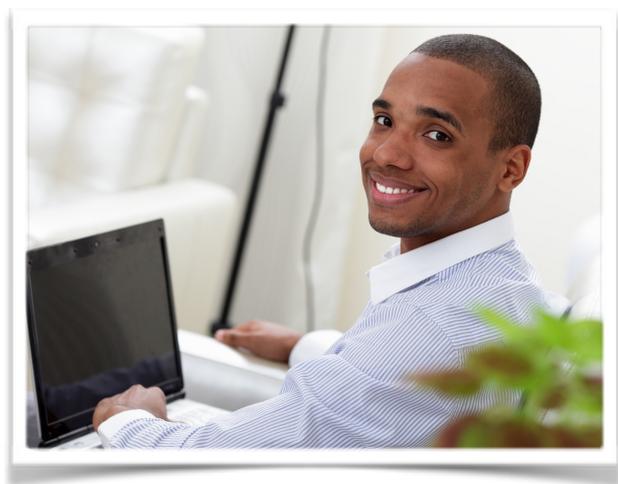
EMOTIONS

3

Can be positive or negative, intense or subtle, often have an echo in the body, are contagious.

Shifting to a virtuous cycle of nurturing and presence

Becoming aware of one's experience in the present moment, in a non-judgmental and accepting way, by paying attention on purpose and being kind to oneself, leading to empathy.



Neuroscience research shows that focused attention changes the connectivity of the brain's Default Mode Network, where mind-wandering, mental chatter, ruminating, worrying and self-criticism happen, to other brain regions in charge of the brain's executive function, and shifting into a task focus system.

Regular Mindfulness Practice leads to heightened self-awareness which is foundational to emotional intelligence.

„When you are fully present, you can access your full potential“

ABOUT

Sylvia Kaldenbach is an Executive Coach supporting company owners, executives and their organizations transforming aspirations into meaningful growth and well-being for lifelong employability. The foundation of Sylvia's work is a holistic approach with freedom of choice, leadership, emotional/social intelligence, and mindfulness.



As a Mindful Hatha Yoga & MBSR Yoga teacher, Sylvia runs workshops and retreats for company executives and professionals who want to discover mindfulness and yoga in an experiential way.

Your Health Event's

9.00-9.45

Falling awake

Body-Scan

8 persons



10.00-10.45

Stepping out of autopilot

Meditation - Using the 3 step breathing space when facing difficulties

STOP exercise - taking a pause

16 persons

11.00-11.45

Change your thoughts to change your mood

The 4 step meditation practice

RAIN exercise - stop being so hard on yourself

Meeting your doubts and fears with a healing presence

16 persons

Logistics:

Room ca 5mx8m

Carpet or wooden floor

17 chairs

Mineral water

Re-Energize Program

12.00-13.00

Mindfulness in action - Coming home to the body and breath

Mindful Hatha Yoga Practice with Focus on neck, shoulders, spine and lower back

8 persons

14.00-14.45

Nurturing kindness

Meditation for feeding positive emotions

Getting good at taking in the good

16 persons



15.00-16.00

Mindfulness in action - Coming home to the body and breath

Mindful Hatha Yoga Practice with Focus on neck, shoulders, spine and lower back

8 persons

16.15-17.00

Nurturing kindness

Loving Kindness Meditation

Progressive Muscle Relaxation

8 persons

Back To Work Exercise

When our mental capacity is depleted, we often are losing perspective, which is detrimental to our leadership quality. We don't see things clearly anymore, as they truly are. Automatically, our routine inner programs and thought patterns, which are hardwired to survival with fight, flight or freeze reactions, are turned on when psychological threats are detected. How can you shift your mood and change your experience quickly to choice and possibility?

The 3-minute strategy

Even when we have solid strategies in place to keep our balance and energy up over the long run, adding to our resilience account, there will always be moments where we need a boost to our leadership quality. In moments of stress, pressure, powerlessness, feeling angry or overwhelmed, a little practice can help to push the reset button.

If it would be possible to stop our routine program within 3 minutes and to be fully present and aware in this moment, how much more possibilities could we discover with the potential to chose our actions or to change our mood?

Give it a try. Here's how :



[Guidance with audio file](#)

1. STOP :

- Coming to a stand still or sitting down. Taking a few deep breaths into the belly. Then releasing your breath. Where in the body can you feel your breath most vividly?
- Tuning into your body, gently turning towards any tension, thoughts or feelings that come into your awareness, without any desire for it not to be there. Letting go and blowing it out with the exhale.
- Observing, maybe you need to change the channel, taking a moment to notice what is pleasant in your moment to moment awareness.
- Now you have just stepped out of autopilot! Maybe opening your awareness to the new possibilities, choices and options available to you.

2. Ask yourself : What is the one thing right now that could reduce my stress level?

3. Check-in : How do you feel? What changed for you? What are you going to do now?