

## Mindfulness and Yoga

Balance and Energy  
for sustainable performance



## Mindful Hatha Yoga 8-Weeks Program

with meditative elements of  
MBSR-Mindfulness Based  
Stress Reduction

### Mindful Hatha Yoga 8 - Weeks Company Program

for executives and professionals in  
your organization located in the  
Belgium-Germany-Netherlands  
border triangle

**More resilience, balance and energy.  
Better concentration and attention span.  
Increased emotional intelligence.  
Mental strength.  
Greater presence and impact.  
Soothing for body and mind.**

#### Dates and location per agreement.

8 Workshops . Duration 2,5 hours.  
Groups of 6 - 16 participants

*Prices on request.*

Includes a participant manual with exercises for  
the yoga practice and mp3 audio recordings for  
the meditation practice at home.

**The workshops are based on experiential  
learning. The MBSR concepts are delivered  
in an interactive group setting.  
Yoga mats and equipment is available.  
No prior experience necessary.**

#### More information at

YouLead Coaching&Consulting International  
sylvia.kaldenbach@youlead.eu  
© 0032 87 44 82 51

[www.youlead.eu/Mindfulness Meets Business](http://www.youlead.eu/Mindfulness%20Meets%20Business)

Being mindful and appreciative towards  
your own experience shapes your outer  
attitude and your interactions with  
others, in the family, at the workplace.

Focusing your attention by stopping the  
autopilot. How could this focused  
attention impact your private and work  
related relationships and interactions?

Moving mindfully, becoming aware of  
the inner landscape of sensations,  
emotions and thought patterns.

Listening to your inner voice. Noticing  
how it feels to be with yourself.

Heightening your self-awareness as a  
foundation for emotional intelligence, a  
meta competence for leaders.

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MINDFUL YOGA

**Mind Your Body. Mind Your Soul. Mind Your Peace.**

## Which effects does the Mindfulness and Yoga Practice have on your physical, mental and emotional well-being? How does your stress-perception and stress-reaction change?

- Paying attention allows you to become aware of what's here in this present moment.
- Being curious with an open, accepting and non judgmental attitude allows you to embrace your whole experience, to let go of unwanted and to invite new perspectives.
- You cultivate your self-awareness, your self-love and your self-compassion.
- Yoga balances your body and energy flow and connects body, mind&heart and soul for overall well-being.

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Kind regards, Namaste,  
Sylvia Kaldenbach



## Stress-Response instead of Stress-Reaction

The practice of Mindfulness activates the parasympathetic nervous system, responsible for relaxation. Because of the neuroplasticity of the brain, regular mindfulness practice can change brain areas. Mindfulness slides like a buffer between a stress stimulus and reaction. This creates a gap that can help to become aware of retracted reactive patterns, to loosen them up and finally to change them.

## Body Sensations, Thoughts and Emotions

We explore our inner landscape of sensations, thoughts and emotions. Resistance and unpleasant experiences are brought into our awareness where maybe they might change or resolve. We become the observer and create options of choice, instead of being carried away by the stream of thoughts, emotions or sensations. We cultivate moment to moment presence and emotional intelligence as meta competences of leaders.

## Yoga connects body, mind&heart and soul

The practice of Yoga balances the body's flexibility, stability and strength and also acts energetically through the conscious breathing and the well directed effort and relaxation. The basis of the Yoga practice is *Ahimsa* (no harm). We perceive and sense individually, in our own practice, which movement or posture is just right for us now.