

**mindfulness  
vacation in  
sardinia 2020  
10<sup>th</sup>–17<sup>th</sup> october**

**with iris uderstädt**



Join us for five invigorating days of Mindfulness Practice while enjoying the beauty of the wonderful Island of Sardinia. Mindfulness Meditation, Qigong, Feldenkrais, Swimming, Delicious Local Food, Nature, Social Time and Free Individual Time: a lot of resources for renewing our life-energy!

The course is designed as well for people who like to be introduced into Mindfulness Practices as well for more experienced practitioners: we will support each other on the way.

**About me**

Since 30 years I have been supporting people in different contexts with Body-Mind-Practices, individually as well as in group settings. I am happy to train people directly at the workplace through „mindful@work“ and „Potential Project“.

## Self-Leadership in a digitized world

In this disruptive age Mindfulness-Practices helps us to balance our minds and reconnect to our bodies - actually to stay human.

In Sitting Meditation we are stabilizing our attention and developing open awareness. Our minds begin to become more quiet, clearer and spacious. Walking Meditation, Feldenkrais Movement Sequences and Qigong support embodiment and also help us to connect more deeply with our surroundings – the world starts to light up in a new way...

We are practicing in the morning and in the evening (ca. 4,5 hours per day) - enough time to go to the beach (15 min by foot) relax, take a walk, swim...

People from previous retreats report highly sustainable benefits!

**First meeting:** October 10th at first dinner  
(Closure with breakfast October 17th)

**Seminar:** 11th-16th October (5 days, 1 day off)

**Location:** Hotel „Galantias“, Bari Sardo (east coast)

<http://www.galaniashotel.it>

### Hotel fee:

Double room: 71€ half board

Single room: 93€ half board

**Course fee:** 490€ with registration and deposit of 30% of hotel fee until end of November 2019, afterwards 560€.

**Registration:** per email.

### Iris Uderstädt

[info@mindfulatwork.ch](mailto:info@mindfulatwork.ch)

Mobil: +41 (0)79 800 8244

