

Nurturing Natural Performance

Rejuvenating Body, Mind and Spirit.

Description

What is it about?

This workshop showcases life in harmony with nature, stimulating your personal development physically, intellectually and spiritually. You rejuvenate your natural potential and identify new paths. The technology and concepts of each module are linked with current issues you face. These different experiences lead to broader perspective. You develop new approaches to life that enrich you, your family, your social dynamics and energise your career.

The programme engages your senses, mind and spiritual energy employing a balance of information presentation, group process and experiential activities, integrated throughout the programme.

Humans experience existence in three ways: physical, mental and spiritual (body, mind and spirit). And there is technology available to develop individuals' potential in all three areas.

The **physical dimension** is well defined and understood (physics, chemistry, biology). We have the ability to develop physiological characteristics to a high degree - note the performance of athletes, even amateur athletes, even athletes with metal feet can run 100m in 11 seconds!

The **mental dimension** is more difficult but still well understood (neurology, psychology). The mental characteristics are derived from the physical characteristics, particularly of brain and central nervous system.

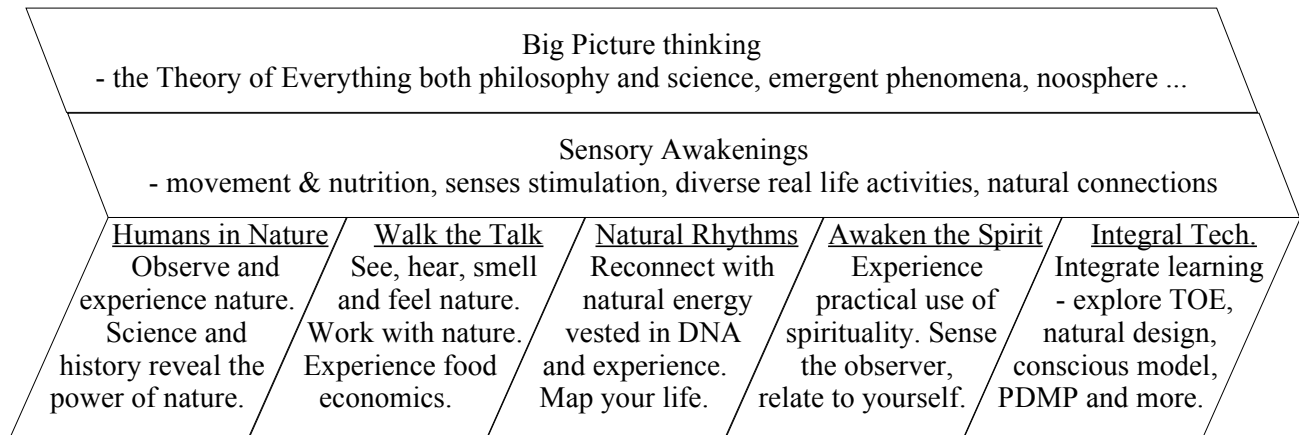
The **spiritual dimension** is least understood (spirituality, philosophy). It is a derivative of the mental dimension. There are many propositions for understanding the spiritual dimension and there appears to be much common ground; but, little agreement.

The framework we use to help you to fulfil your potential - in body, mind and spirit - is simply as follows:

	Physical	Mental	Spiritual
Achievable Potential	Athlete	PhD	Guru
Method to Develop Potential	Nutrition, exercise, stimulation of senses etc	Critical thinking, learning to learn etc.	Meditation, spiritual exercise. Om!
Where in Astraea	<u>Body</u>	<u>Mind</u>	<u>Spirit</u>

We tend to use anthropomorphic analogy to facilitate the personal frame of reference.

The course incorporates five consecutive modules delivered with coherent philosophy and lifestyle. Big Picture thinking and Sensory Awakenings is integrated through the other modules: Humans In Nature, Walk the Talk, Natural Rhythms, Awakening the Spirit, Integral Technology.



Nurturing Natural Performance is an intensive experiential programme delivered in two formats: 3 day Executive and 5 day Retreat. Both programmes include similar modules and material. The timetables are shown on the last page.

Why is this programme special?

This programme is much more than a feel-good retreat. It is designed according to latest educational and personal development understanding and methods. Nurturing Natural Performance rests on two pillars - experiential learning and frontier science.

It has long been known that experience is the key to learning and that education is the critical determinant of opportunity. Anyone who has had an education knows that 1) education has been critical to their career path and lifestyle and 2) the best and fastest learning takes place through experience. So our experiential exercises woven throughout the programme are fundamental to the success of this programme. If a book would do, on say CSR or CSM or competitive strategy or investment management and so on, you could read it alone. In fact reading helps self-development and we offer a lot of extra-curricular reading, but it is the experience of our activities that will help you develop and evolve.

The science introduced is both ancient wisdom and the latest discoveries in physics and biology. We introduce the vital connections between quantum physics, spiritual phenomena and emerging genetics which are increasingly critical to society, business, government and all life today's human world of fast change, environmental risk and governance demands. Frontier science's quest for the Theory of Everything dovetails with that of philosophy and the Big Picture catalyses thoughts and actions at the next level of human emergence.

This integrated, experiential Big Picture thinking enables breakthroughs because it draws on many diverse concepts (providing a broad base of understanding) which are integrated (enabling a practical understanding of inter-related concepts) and which are adopted by humans by changes in the way the body works (e.g. circulation), the mental processes (e.g. parallel thinking) and metaphysical connections (eg alignment of energy meridians).

Who does it serve?

Nurturing Natural Performance will enhance any person's life or organisation's prospects. Some of the enhanced qualities you will develop include critical thinking, flexibility, leadership, physical well-being, stress reduction.

People who are challenged by diverse risks, multi-stakeholder engagements, sensitive markets, rapid technological change, limited resources and multi-cultural businesses will find their ability to solve issues greatly enhanced.

People who find their health is being compromised by stress at home or work will rejuvenate and find new ways to balance life.

It is best suited to people and businesses that are already aware of ideas like personal health and well-being, flat organisation structures, community engagement, environmental stewardship, ethical governance, global common responsibilities.

Most benefit will be gained by participants with a minimum level of experience, awareness and fitness. It would be unsuitable for young children or individuals with mobility challenges (the first day involves a 5-8 kilometre walk on rough terrain). It challenges idolatrous belief systems or codes of conduct. It challenges apathy and dogmatism. It is for thinking and acting people and organisations.

Customisation Options

Nurturing Natural Performance has six main modules and is delivered in two main formats - Retreat and Executive. The short intensive 3 day programme delivers all the modules in condensed format except that it allows full treatment of Integral Technology. The additional time of the Retreat allows a fuller liberation of potential and a strong foundation for continued development.

The week long **Retreat** is ideal for developing high performance individuals and teams. It is an excellent benefit or reward or for individuals who wish to understand and develop their potential. It allows the time required to digest and reflect on the experience and technology presented.

The **Executive** programme delivers the Retreat in 2½ to 3 days. It delivers the core modules in condensed format allowing participants to build a mental map for subsequent development. The concluding module, Integral Systems and Technology, is complete and may be extended to take in case studies directly relevant to the people participating. Thus the initial modules provide the foundation for exploring Integral techniques directly relevant to core purpose.

Core Modules

Sensory Awakenings: Yoga to stimulate your body. Cuisine to explore taste and nutrition.

Nature's Balance: Discuss and explore humanity in nature and the web of life.

Walk The Talk: See and experience human interaction and control of nature in a 200 year old estate garden. Reconnect with food.

Natural Rhythms: Discuss, explore and experience natural bio-rhythms and energy cycles programmed in to genetic code.

Awakening the Spirit: Reconnect with your soul and experience energy healing and the power of thought to influence matter.

Integral Technology: Explore the Big Picture. Examine leading technologies such as natural design (for business), parallel decision making, stories, open space, consciousness model, which are being adopted by leading organisations.

Executive Schedule:

	<i>Day 0</i>	<i>Day 1</i>	<i>Day 2</i>	<i>Day 3</i>
07:30		Yoga	Yoga	Yoga
08:30		Breakfast	Breakfast	Breakfast
09:30		Nature	Rhythms	Integral Technology
13:00		Lunch	Lunch	Lunch
14:00		Garden	Spirit	Integral Technology
19:00	Arrival, Light Supper	Supper	Supper	Wrap up and farewell
	Introduction – outline, schedule, introductions.	Film	Film	

Retreat Schedule:

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
07:30		Yoga	Yoga	Yoga	Yoga	Yoga	guests stay on for personal time
08:30		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
09:30		Nature	Garden	Rhythms	Spirit	Integral Tech.	
13:00		Lunch	Lunch	Lunch	Lunch	Lunch	
14:00		Nature	Garden	Rhythms	Spirit	Wrap up & farewell	
19:00	Arrival, Light Supper	Supper	Supper	Supper	Supper	Supper	
	Outline, schedule, introductions.	Preparation, reading, meditation.	Preparation, reading, meditation.	Film Reading, meditation.	Film Reading, meditation.		

Pricing

The full price of the residential Retreat is € 2,500. The full price of the residential Executive is € 1,500.

Individuals not sponsored by an organisation may qualify for a 30% discount.

Unwaged individuals may receive preferential pricing or donation pricing if they qualify.

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