

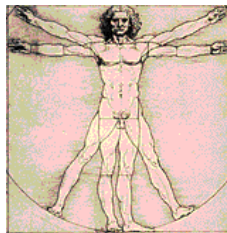
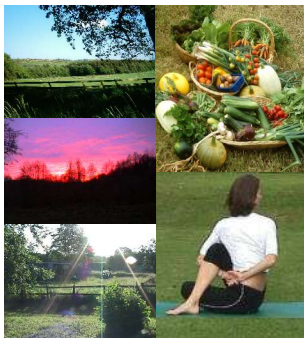
## ***Nurturing Natural Performance*** **Rejuvenating Body, Mind and Spirit.**

Highly productive people with a track record of success inevitably start to ask “What enduring achievement would be meaningful?”, “How can I balance work, social commitments and family?”, even “What is the meaning of life?”.

Business today is challenging and demanding. Fast change and unexpected risks are new phenomena. You must lead and be a team player. You must be informed and inspirational. You must be focused yet flexible. Time is precious. Here you significantly enhance your capacity in just a few days.

This programme gives you the map to guide your personal development. It does not proscribe an inflexible routine. Instead we employ cutting edge methods to achieve objectives with hands-on experiment and experience to guide you.

The programme serves both individuals and teams. Individuals cultivate confidence, liberate energy, and learn new skills. Teams also benefit from the opportunity to grow together outside the usual work environment and the experience improves overall company culture.



- ★ Hands-on activities for leaders, with real exercises, not just games.
- ★ Experiential exercises are woven throughout the programme to ground a deeper transrational understanding.
- ★ Liberate your potential: emotional intelligence, spiritual and moral acuity, and physical wellness.
- ★ Experience improved natural performance in all areas of your life and work.
- ★ Personal attention in a private setting - enrolment is limited to less than a dozen.
- ★ Gain a panoramic view of society’s emergent development in cultural, technological, scientific and geopolitical contexts.
- ★ Experience integral systems as a dynamic concept. Use it for integrated thinking, decision-making and action.
- ★ Learn about the connection between sub-atomic physics and spirituality – the Tao of Physics.
- ★ The Big Picture: clarify, through renewed appreciation, the sense of meaning in life.

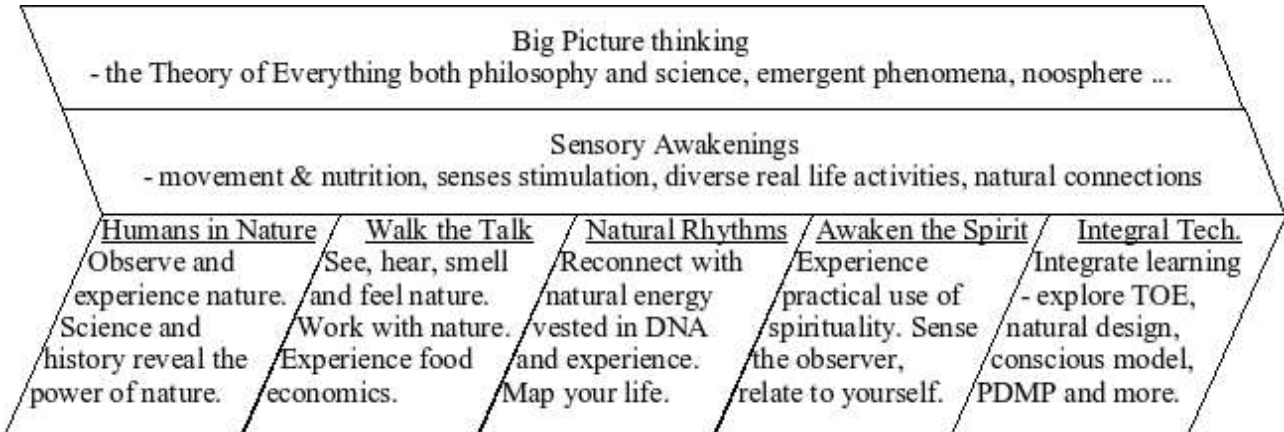
**For high performance individuals in all walks of life who aim to achieve much with limited resources or simply to improve lifestyle. Ideal for executives, managers and teams in business, government, or international development.**

**The Executive programme (3 days) delivers performance improvement; the Retreat (5 days) extends personal transformation.**

## The Ultimate in Cross-Training

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

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



 <p><b>Guides</b> Our team has wide and deep experience and capabilities in personal and business development. Over 150 years of life experience including global CEO, author, healer, publisher, psychotherapist, yoga trainer, engineer, investor, parent, entrepreneur, gardener and more. Together they complement one another to deliver a full spectrum of skills, knowledge and experience. You will find extraordinary variety in our diverse team of experienced professionals who will liberate your potential and take you beyond limits.</p>	 <p><b>Setting</b> The course is held at Ballin Temple, a natural sanctuary nestled in the Irish countryside along the wooded valley of the River Slaney. Guests enjoy single or shared rooms of the cottages or lodge on the private estate.</p>  <p>Home cooked meals, which include produce from the organic garden, are shared in the lodge dining room.</p>
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**For a more information or to apply, please contact us at:**



*Astraea*

Ballin Temple, Ardattin, Carlow, Ireland  
www.astraea.net info @ astraea.net + 353 (0)59 915 5037