



“THE INNER CORE”

RETREAT
9th and 10th of June 2018
LizAri, Latvia

WISDOM | CONSCIOUSNESS | OPEN HEART | NATURE | MEDITATION

TOPICS

- Consciousness and methods of it's self development
- Listening and dialogue with ourselves, nature and others
- Meditation in movement, walking and listening
- Wisdom circles
- Open heart method for different types of communication
- Silence like a method of communicatio with ourselves and others

GOALS

- To create space for self developing and sharing
- To inspire Wisdom based attitudes towards self, nature, society, business
- To train meditation in movement, walking and listening
- To train open heart method for different types of communication
- To train silence like a method of communicatio with ourselves and others
- To exchange experience and ideas between participants

TRAINERS

ALFRED and YUKO TOLLE

founders of Wisdom Together (Germany)



ALFRED TOLLE - is the Founder and Chairman of Wisdom Together, a non-profit association to foster compassion and wisdom by promoting well being and values for a prosperous and sustainable world for everyone. Previously he joined Google's EMEA HQ in Dublin, Ireland, in 2011, consulting International companies on their online marketing and digital strategies. Prior to that he was CEO of Lycos in Boston, Vice President of Bertelsmann online in Asia/Japan and Executive Board Member of Daum Communication in Korea.

His experience as an executive manager in these major blue-chip companies, among others, and working across the globe, has fed into his belief that we are truly living within an interconnected society which motivates his desire to bring about positive global change. Furthermore, recognizing the transformational potential of technology in terms of positively impacting people's lives and their societal well-being, Alfred has instigated a number of projects that support conversations built upon a moral and ethical framework in which technology can be used. Specifically, he initiated several happiness and wellbeing projects within Google and was instrumental in bringing the first Wisdom 2.0 Conference to Europe, which attracted speakers such as Eckhart Tolle & Jon Kabat Zinn.

Furthermore, Alfred has actively supported NGOs with Google technology and data analysis and was involved in Leadership Development towards a sustainable world.

"Wisdom is a deep, inner knowledge, connected with the source of life. Wisdom is the language of your heart – honest, free, the highest truth. In this space, there is no right or wrong – just a deep understanding of our existence. Wisdom is love combined with intelligence, compassion and freedom. Wisdom is life!"

/Alfred Tolle/



YUKO TOLLE – Coach and healer with Japanese and German roots, working as alternative medical practitioner in southern Germany near Munich. After a career in intercultural relations and art management, she felt humanity's urgent need for true healing. Following this inner calling, she went through intense studies of medicine, European alternative healing methods like Homeopathy, plant essences, Biophotons, diverse frequency healing methods like bio resonance, as well as Traditional Chinese Medicine and Acupuncture and other energetic methods.

She developed her own unique way to open her clients for their awakening to self-empowerment and a healthy life. She also gives workshops on awareness and consciousness, developing by experience a new perception from the inner core, connecting to inner wisdom and unfolding our creative potential in alignment to the greater meaning. For her this brings back liveliness, true power and joy to the Earth and humanity.

PLACE



THE INTERNATIONAL CULTURE & EDUCATION CENTER LIZARI

„LizAri“ (Latvia).

„The simplicity of this place, along with elegance, allows the individual to subtly feel nature. “

/ A.Meneghetti /

This is a place where embodiment of the human mind as genius takes place. The place where internal strength which was never felt before awakens. It is a place where you meet yourself, your real self. Real and pure vibrations unfold, and this strengthens the formation of new impulses. Every individual here has a chance for rebirth.

„Centuries ago, the ability to choose a place to live, study and meditate was considered a privilege for select intellectuals. Only the most suitable places for education were chosen, which strengthened spiritual energy, and opened them to the wisdom of life's phenomena.“

CONTENT

Day one: 09 th of June, 9:00 – 22:00

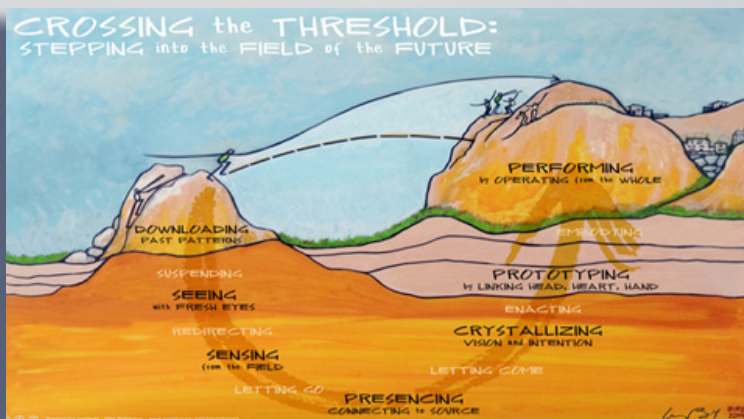
- Voice in the room
- Introduction of the Agenda
- Conscious Creation
- Listening Exercise
- Lunch
- Dialog Walk
- Round Circle – What have learned?
- Break
- Meditation in Movement
- Journaling (deepen the experience)
- Introduction Wisdom Circles
- Wisdom Circles
- Round Circle - Reflection and Silence
- Dinner
- Experience – „Let go and Let come“
- Sharing with others and with yourself
- Being Together

Day two: 10 th of June, 9:00 – 22:00

- Meditation
- Open Heart – The Art of Healing
- Round Circle – share experience
- Break
- Wisdom Circle 2
- Silent Moment
- Lunch
- How to speak with nature
- Nature communication
- Break
- Round Circle: share experience
- Voice Together - find your own tone
- Dinner
- Round Circle
- What have I learned? (collect the treasures)
- Silent Moment (outside)
- Being Together



Conscious Creation – Listen to your blind spots



Learning from the emerging future

Theory U proposes that the quality of the results that we create in any kind of social system is a function of the quality of awareness, attention, or consciousness that the participants in the system operate from.

Theory U has come to be understood as a method for leading profound change; and as a way of being - connecting to the more authentic of higher aspects of our self.

Mental Complexity

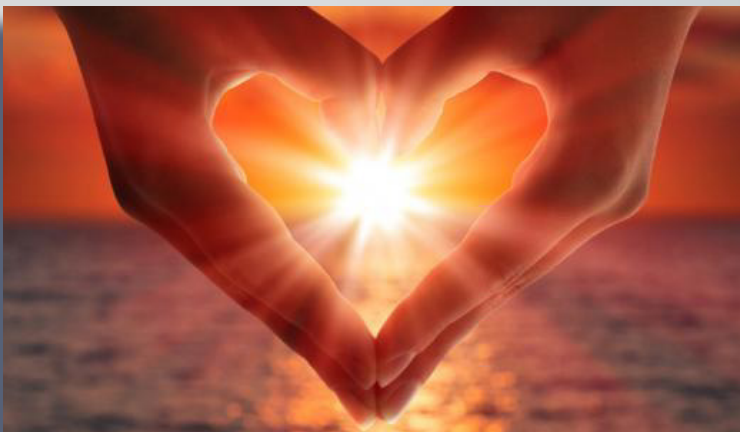
*„We don't see things
as they are,
we see them
as we are, “*

/Anais Nin/





**Listening
Exercise**



**Listen with
your heart**



**Dialog
Walk**



Round circle - Reflection & Sharing

- What have I learned?
(collect the treasures)
- What will change?
- What/Who do I need?
- Silent Moment



Round circle

„We do not learn from experience...
We learn from reflecting on
experience. “

/John Dewey/



Meditation in Movement

Journaling Exercise – Please find a place

Uses & Outcome:

Access deeper levels of self-reflection
& knowledge.

Learn how to use Journaling as a
reflective tool.

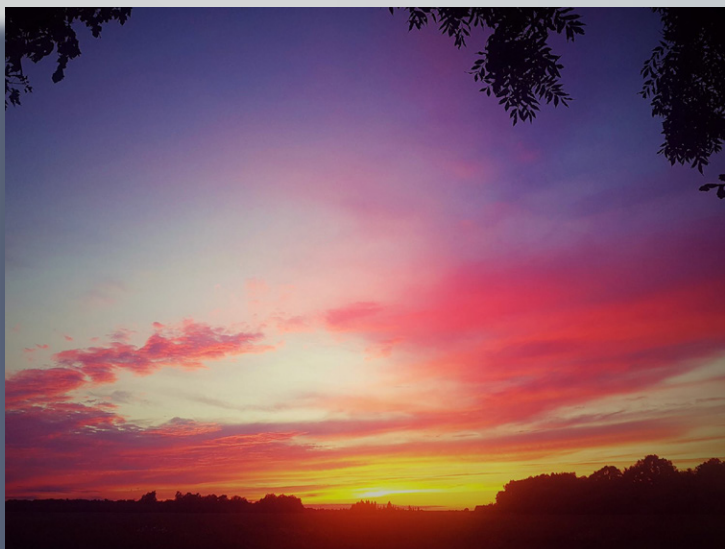
Connect self-reflection to concrete
action steps.



Let go and let come



Open Heart – The Art of Healing





How to speak with Nature

"Look deep into nature and then
you will understand everything
better"

Albert Einstein



Silent Moment

PRICING

Retreat fee: 300 eu

Group tickets (3 or more people): 250 eu

For students & people under 27 years old: 100 eu

Included: lunches and coffee breaks.

The seminar language is English with translation into Russian.

ACCOMODATION

AVAILABLE ROOMS	OFFER A: 2 nights including: 2 breakfasts / 2 dinners	OFFER B: 3 nights including: 3 breakfasts/ 3 dinners
<p data-bbox="384 331 743 389">Single room at LIZARI – LIDO, a new hotel</p>    	150 Eur	220 Eur
<p data-bbox="411 936 716 994">Single room at the older LIZARI hotel</p>   	110 Eur	160 Eur
<p data-bbox="400 1301 727 1359">Double room at the older LIZARI Hotel</p> 	90 Eur / person	120 Eur / person
<p data-bbox="488 1688 639 1783">Apartments - single - double</p>   	250 Eur 175 Eur / person	350 Eur 215 Eur / person

Leisure time activities for your convenience: relaxation zones, volleyball, tennis and football courts, bicycles, sauna, billiard room, etc.

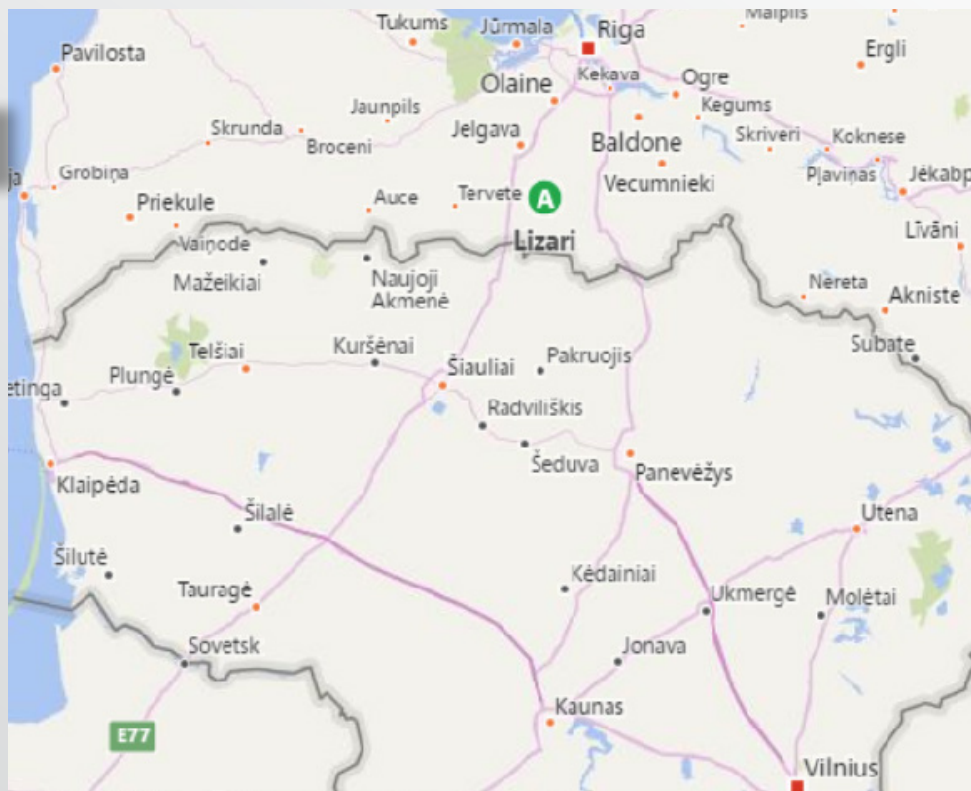


ARRIVAL INFORMATION:

LizAri address:



Jelgava region,
Vircava district, Latvia



Distances:

- From Vilnius: 250 km, approx. 3 hrs 30 min
- From Riga international airport: 66 km, approx. 1 hr

For program full logistical service (from pick-up to return back to the airport)
please contact us.

Price of transfer Riga or Riga international airport – Lizari: 50 eu.

REGISTRATION AND INFORMATION:

HAI.LT : mindfulme@hai.lt, + 370 683 28747

WISDOM TOGETHER: info@wisdomtogether.com

To register >>>

Registration is available until 15 May.

ORGANIZERS



HAI.LT

International HUB

Mindfulme



inTegra House



together

**We are looking forward
to seeing You in Baltics**



Alfred and Yuko Tolle

www.wisdomtogether.com