

Agenda January – June 2016

24 - 27 January

Smart Retreat | **Strengthen your memory**



Especially in corporate situations the effect of chronic stress on your memory can be highly detrimental. This retreat is all about techniques to sharpen your mind. High levels of chronic stress causes certain hormonal imbalances and neurological dysfunction that interfere (amongst others) with learning and memory.

27 - 30 January

Smart Retreat | **Manage Stress**



Stress can be defined as a serious imbalance between the demands placed on you in a certain situation and your ability to meet those demands taking into account that non-performance can have serious consequences. Stress starts out as a positive motivator but can turn harmful to the body and mind when it becomes chronic.

14 - 17 February

Smart Retreat | **Prepare for retirement**



Lack of (financial) security is one of the main causes of stress in our modern times. This retreat will help you determine where you are now, where you want to be in the future and, most importantly, how to get there.

17 - 20 February

Smart Retreat | **Change lifestyle, live happier**



Whenever we talk about stress, the aspect of work-life balance is brought up. Important to take into consideration in this regard is that work-life balance is a very subjective issue. During this retreat we will focus on having you create balance in a lifestyle that is uniquely appropriate and acceptably for you.

21- 27 February

Health Retreat | **A new healthy lifestyle**



What is a healthy lifestyle? How do you start? How can you keep enjoying the 'goodies' in life? These questions and much more will be answered in this one week program filled with practical examples.

13 - 19 March

Health Retreat | **Heal Yourself**



You have the capability to heal yourself. The only thing you need to know is how to interpret the signs of the body. Chinese medicine has a unique way to explain and understand the functions of the organs, the energy and its changes in the body.

20 - 26 March

Sport Retreat | **Acupressure in sports**



Optimize your performance next season with special classes and training in Acupressure in sports, First Aid Acupressure, Acupressure as pain relief, and Acupressure to relieve stress and muscle tension.

01 - 07 May

Health Retreat | Allergies and sensitivities



Find out what the strongest allergens are and learn how to recognize food allergies. Learn what gluten allergy is and how to treat it with the correct diet. Learn a simple method to test the food and drinks you want to use and find out the cause of your allergy.

08 - 14 May

Health Retreat | Herbs, supplements and formulas to stimulate your health



There are certain herbs you just need to have in your kitchen, medicine cabinet and in your garden. Know the effect of the most important supplements and the effect on the human body. Learn the best formulas for your health as well as for babies and children.

15 - 21 May

Sport Retreat | Hormone Balancing Diet



Optimize your performance next season with special classes and training in Hormone Balancing Diet.

22 - 25 May

Smart Retreat | Strengthen your memory



Strengthen your memory and don't be afraid you are going to lose it! If you have ever had a family member or friend with memory loss, you know how terrible it is for both the person with the memory loss as well as the others around that person.

25 - 28 May

Smart Retreat | Prepare for retirement



Retirement is the time of your life that you often dream of and it's also the period in life that you always have imagined to be the best. You have promised yourself so many things without realizing that you have to be there in optimal health to really enjoy all of it.

05 - 11 June

Health Retreat | Detox and pursue optimal health



It is very important to get rid of the toxins that build up in your body on a regular basis. Detox and cleansing programs are practiced for centuries by cultures around the world. Detoxification is about resting, cleaning and nourishing the body from the inside out.

12 - 18 June

Health Retreat | A healthy lifestyle



What is a healthy lifestyle? How do you start? How can you keep enjoying the 'goodies' in life? These questions and much more will be answered in this one week program filled with practical examples.

19 - 25 June

Sport Retreat | Strengthen your health and vitality



Optimize your performance next season with special classes and training in Eating healthy without additives that can affect your health, and classes in "Learn how to read food labels and understand E-numbers".