

Rediscover Yourself

Programme Outline

*“Your task is not to seek for love, but merely to seek
and find all the barriers within yourself that you
have built against it.”*

Rumi

Before the programme starts

Book a private onboarding call with Amanda
before the end of March

Self-Development Workshops

1. Saturday 3rd April
2. Saturday 1st May
3. Saturday 29th May

9:00 - 13:00 London

10:00 - 14:00 Madrid

*(Yes to regular screen breaks, a recording replay
and a workbook for each workshop)*

Interactive Group Support Sessions

Tuesday 6, 13, 20 April + 4, 11, 18 May

times to be decided by the group

End of programme

Receive a private life coaching call with Amanda
for integration in week 9

Part 1

Feeling sets you Free - Embodiment -

Objectives

- Develop our inner sense of proprioception
- Rediscover the inner awareness of our bodies
- Conscious touch: focusing the mind, deepening our experience
- Feel a deeper connection with ourselves and others
- Free up our self-expression through natural movement

9:55am Zoom Doors Open

10:00am Session 1 - Grounding Meditation with Amanda

Relax into our first session, opening the container and meeting your journey companions with short introductions

Session 2 - Movement with Adam

The modern sedentary lifestyle vs. the need for movement

Falling in love with your body

Body based learning focused on the direct experience of our body

Exploring full body movement

Beyond yoga: the benefits of a regular movement practice

Integration in every moment: functional stretching & spontaneous expression

Session 3 - The Art of Touch with Adam

The benefits of touch

The mechanisms of touch

The sixth sense: proprioception & how to increase it's functions

Our sense of space and conscious connection with the living Universe

13:30 Closing with 21-day habit Action Steps with Amanda

(Regular screen breaks will be included and will happen according to the energy of the group. Homework practice given at the end)

Part 2

Understanding the Mind - Mindfulness -

Objectives

- Develop our inner sense of interoception
- Establish a inner practice of self observation
- Perceiving the interplay of our minds and emotions
- Normalise our mindscape i.e. feel ok with events in daily life
- Improve our recovery time from stress back to body repair mode

9:55am Zoom Doors Open

10:00am Session 1 - Intuitive Dance with Amanda

No judgement, no demands, just allowing what is present to be

Session 2 - The Nature of the Mind with Adam

The seventh sense: interoception & how to increase it's functions

Towards a new theory of consciousness

Morphic fields / Perceptual fields / Behavioural fields

The Limbic System: emotion is the bridge between mind and body

The heart mind/the belly brain: there is more to the mind than the brain

The nature of thought: the thinker or waves in the ocean of consciousness

Session 3 - The Art of Letting Go with Adam

The collective subconscious

Archetypes in daily life: resonance, the connections between all life

Distraction, dissonance and dissociation in modern life

Is it enough just to be?

Tuning in to “the breath of life”

13:30 Closing with 21-day habit Action Steps with Amanda

(Regular screen breaks will be included and will happen according to the energy of the group. Homework practice given at the end)

Part 3

Living a Balanced Life - Grounding -

Objectives

- Becoming proficient in the emotional language of our bodies
- Listening to the sensations within: hearing our inner voice
- Rediscovering our inner being: what is our true nature?
- Reclaiming little moments: is it enough just to be?
- Taking time outs to release tension in our body and mind

9:55am Zoom Doors Open

10:00am Session 1 - Who am I Meditation with Amanda

Stripping away the layers of who we think we are and connect with what is present in the moment

Session 2 - Food for Thought with Adam

Who are we? What are we?

Identification: where the mind goes energy flows

Buddhist psychology: the roots of the ego / no-self theory

Self observation in daily life: the art of catching oneself

Reality creation: the law of attraction and the quantum myth

Less is more

Session 3 - Integration in our World with Amanda

Questions from the group

Sharing experiences

What are the Next Aligned Action Steps we can take solo and together

13:30 Closing celebration - surprise

(Regular screen breaks will be included and will happen according to the energy of the group. Homework practice given at the end)

What thoughts
might stop
you from
rediscovering
your life?

I'm overwhelmed and can't decide with all the wellbeing options out there and not sure where to begin, which one to choose and if this is the one?

There is no perfect programme, trust that any decision you make is the right decision and from that you will learn and grow.

Whether that is this one or another, we encourage you to go all in and enjoy it!

I just don't have enough time in the day. How in the world do I fit it in?!

If you haven't got time to look after yourself, how are you going to deal with the issues you are currently feeling? The concerns you are facing in life today, are most likely a result of not making the time to look after yourself in the past. Harsh, but true for some.

You now have a chance to make a difference, not only to your own life, but to those connected to you - and save further stress down the road.

I feel uncomfortable speaking out in groups and don't see why strangers can have an impact on my life?

Speaking up in the group is not necessary if you really don't want to, however, from our experience, by stepping out of our comfort zone and putting ourselves in a challenging situation, can we evolve. Being seen and heard by others, who don't tend to know you, reminds us we are not alone with our thoughts, emotions and behaviours.

We go through similar stories, and through listening and sharing our own story we can help heal our wounds, one being the fear of being judged by others when we speak our truth.

I'm not sure if it's worth the investment. What if I don't get anything out of it?

You are investing in YOU and YOU are worth every penny. However, it is your responsibility to take the programme to a deeper level, all we can do is guide you towards a direction that would support your growth.

I am not spiritual enough to understand the body and mind connection. What will others think of me joining this?

Being spiritual is not the aim nor a prerequisite for this programme. What does spiritual even mean to you and why do you worry about what others think of you? Let's check the etymology from the Old French - spirituel (12c.) or directly from a Medieval Latin spiritualis "of or pertaining to breath, breathing, wind, or air; pertaining to spirit," from spiritus "of breathing, of the spirit." Spirit therefore belongs to the group of words: respire, inspire, aspire etc.

This programme is practical, scientific and incorporates the breath of life as the foundation to improving our quality of life. You can tell anyone who comments just that.

I want to wait until the social distancing thing is over and we can all go 'back to normal' so I can finally attend that 7 day retreat in Ibiza.

We love physical retreats and we so wish that our workshops dates are in person - that is the aim! However, we can keep waiting until the grass is greener on the other side or take action now and feel better today. May we also emphasise that a 5-10 day retreat is lovely to reset and relax our mind, though from experience, integrating the new tools back into your 'normal' routines seems to fade after the initial experience.

How can you create everlasting change? Through implementing small steps that feel good for you and suit your lifestyle, doing them repetitively with joy and being surrounded by people who support and can hold you accountable in case you have your off days. And we all have our off days!

Apply Now

Ask yourself, is this for Me?

If yes, start by filling out the [Form](#)

Choose your Payment Option

Single person: 368 euros upfront / 200 now and 200 1st May

Two people: 650 euros upfront / 340 now and 340 1st May

Book an Onboarding call with Amanda
before the 28th March

Do you need more time?

Of course! You have until the 20th March (or until we are full)
to decide on joining us.

If not this time, we will open up another round October 2021.

Stay in touch though, don't be a stranger. We would like to offer you a
free sample of what tuning in to your innersense can do for you.

If you [fill out your contact details](#) we'll send you an email with the link
to a self-massage video sequence to activate the vagus nerve.

Contact adam@innersense.life for direct info