



# Transformative work

**A two-day programme to discover how to find joy in the workplace and everyday living.**

*East West Sanctuary, Nagykovacsi 24 April to 26 April*

For many people the workplace has become separated from everyday life – a stressful and isolated experience. This workshop uses mindfulness and related practices to explore how to transform this experience into one of joy and creativity.

You will learn a set of mindful practices for dealing with emotional overload, enhancing creativity and building dynamic and fruitful relationships. You will also have personal mentoring in making choices aligned with your innate gifts. Using the personal astrological chart, you can discover where your personal calling is and how to integrate this into your life. In addition to the personal mentoring, the weekend will include group work to deepen and support your growth.

It takes place within the nourishing environment of the East West Sanctuary, situated on the edge of the natural forest. We are deliberately keeping the group small to provide a spacious and safe holding.

## **Facilitators**

Dr Bronwen Rees

As Director of the Centre for Transformational Management Practice, at Anglia University, Cambridge, Dr Bronwen Rees spent over 20 years researching into, and introducing mindful practices into the workplace and has lectured and published worldwide in this area. She is also a full UKCP-accredited psychotherapist with a thriving practice in the UK., and the founder of the EWS in Nagykovacsi.

Dianna Lea Nagy

Dianna Nagy grew up in a family of yoga teachers and is now a world-wide accredited Kundalini yoga teacher with a regular class in Budapest. She has also studied astrology and TCM, and has been doing personal astrology charts for 10 years, and has also worked for various businesses using both electional and horary astrology.

**The workshop will take place in English. Price 35000 including accommodation in double rooms, full board from Saturday morning, two personal one-to-one sessions. For further information see [www.incubatio.co.uk](http://www.incubatio.co.uk)**

## **Provisional programme for the weekend**

18.30: Arrival and settling in

19.30: Opening sharing

Saturday

7.00 Kundalini yoga: how to change the ions in the body

9.00 Breakfast

10.00 Mindfulness in daily life and the workplace

11.00 Exploring emotion to communicate mindfully

13.00 Lunch

15.00 Living life symbolically – the meaning of the astrological chart

16.00 Personal one-to-ones.

Each participant will have the opportunity to have two personal sessions of 45 minutes with the facilitators.

Diana Nagy will do a personal reading focusing on work and talents.  
Bronwen Rees will explore how to overcome inner obstacles to personal and work relationships

18.30 Supper

20.00 Continuance of personal sessions

21.30 End

Sunday

7.00 Kundalini yoga: releasing anger, fear and grief

9.00 Breakfast

10.00 Integrating learning into work life

12.00 Creating positive emotion in meditation

13.00 Lunch

2.30 Sharing and closing

3.30 End