

## 'IN SEARCH OF NOTHING'

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**Seminar days on Majorca with Christine Schmid**

April 12 – April 18, 2015

Okt. 25 – Okt. 31, 2015

### NOTHING.

What is that?!  
Doing nothing,  
Having to live up to nothing,  
Nothing to fulfill,  
Nothing to achieve?

### NOTHING.

Nothing from outside.  
Having arrived within.  
Having arrived in your own self.

Can you imagine what it would feel like if your to-do list was done?  
Your life simply being a sheet of white paper?  
Only being surrounded and fulfilled with peace and tranquility?

Do these thoughts make you feel afraid and uneasy?

What keeps us from arriving at the peace we yearn for so much? What fears, worries, frustrations and other obstacles block the steps towards more vitality and energy?

Embark on a creative journey to the core of your being.  
This will lead you to the depths of your own personality.

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**Seminar:**

The aim is not only to detect hidden desires, but also to find a way to define new goals and resolve blocking behavior patterns.

**Coaching:**

In individual and group coaching sessions, each participant will receive an individual goal plan. You will benefit from the feedback of all participants: together we will open up your creative sources and open space for reflection and a holistic view of your current situation.

**Body exercises:**

‘Transformational Breath®’ facilitates the flow of energy and helps you relax. Blockages that have manifested themselves in the body for years, are transformed through targeted respiratory training.

**Awareness training:**

The entire seminar works on an emotional and physical level. You will receive solutions which will integrate joyfully into your life and make noticeable changes. You will find your own creativity again and embark on your life journey with new energy. The exceptional combination of Life Coaching and ‘Transformational Breath®’ will break your life patterns and structures, detoxify your emotions, create clarity and ease. And it will allow you to welcome the NOTHING to your life.

**The place:**

Majorca - the clarity of the air and nature alone already contribute to your well-being. The hotel is a pure place of energy. Son Gener is nestled in the rolling hills in the north-east of the island, near Son Severa, in an old country residence. Extensive gardens surround the main building and annexes. Architecture and decor of the hotel are of exquisite finesse. Its pure and understated elegance and clear aesthetics underline and support our work.

**Prices:**

Seminar	980,- €
Hotel	200,- € for a single room per night 260,- € for a double room per night

The prices are including brunch, dinner, water and tea.

More information: [www.songener.com](http://www.songener.com)

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