

Clarity, Sensitivity and Strength Transformative leadership in turbulent times

A 4-day retreat for corporate and organizational executives and for those in positions that demand creative and intuitive leadership.



When: Saturday 15 to Tuesday 18 June 2013

Location: The retreat will take place in the peaceful surroundings of Knai Bang Chatt Resort and the Sailing Club in Kep, Cambodia.

The purpose of the retreat is to create a space for self-reflection and self-exploration through a series of facilitated dialogue processes, yoga and meditation, creative expression and nature walks. The retreat will help you to expand your individual vision, to gain clarity about your role as leader, and to grow your capacity to achieve results in ways that are creative and sensitive to your work context. In particular, the retreat will focus your attention on the challenges of leading change in today's uncertain world and on maintaining physical and spiritual well being in your relationships.

The retreat will be guided by Tonie Nooyens and Graeme Storer, with support from a team of experienced facilitators. Tonie brings a background in project management and facilitation of group planning and decision-making processes. His interest is in developing people through training and coaching. He is a long time practitioner of meditation, meditational yoga and healing and he teaches throughout Asia. He lives in Cambodia facilitating a yoga and meditation program for community teachers. Graeme has more than 25 years of experience facilitating capacity development and durable change and has contributed to the design and delivery of global and regional leadership programs. He is known for his ability to bring about collaboration across difference and to work in the moment to devise processes that help groups get unstuck.

This is not a traditional skills-building leadership training but an opportunity to journey within ourselves, to unpack the richness of our professional and personal experiences, to re-connect with our strengths and to re-energize.

Note: The retreat includes travel on Friday evening (14 June) and return on the afternoon of Tuesday (18 June).

PROMOTION

The fee for the retreat has been lowered to US\$ 500.

(Other discounts still valid: NGOs/volunteers 30% off, KYCTA 50% off)

[Stay at Knai Bang Chatt for 4 nights, pay only 3 nights.](#)

The cost of the retreat is \$650. This includes all meals and refreshments. Accommodation and transport are extra. Accommodation at Knai Bang Chatt is \$75 per day. Outside accommodation ranges from \$15 - \$30 per day (all prices based on twin share). A limited number of partial scholarships is available.

To register a place, please send an email to: info@KundaliniYogaCambodia.org or phone: [092 42 98 35](tel:092429835).

Clarity, Sensitivity and Strength

Transformative leadership in turbulent times

(Saturday 15 to Tuesday 18 June 2013)



TENTATIVE SCHEDULE

Friday, 14 June 2013

16.00 Departure Phnom Penh (a bus will be arranged for those needing transport))

Daily sessions: Saturday-Monday + Tuesday (1/2 day)

- | | |
|---|-----------------|
| 1. Sadhana – each morning begins with a sunrise yoga and mediation session.
The theme for the sadhana is linked to the work that will follow during the day. | 5:00 – 7:00 AM |
| 2. Breakfast at the Sailing club | 0700 – 09:00 |
| 3. Morning session, either at the Seaside terrace or yoga room inside Knai Bang Chatt
Refreshments will be served mid-morning | 09:00 – 12:00 |
| 4. Lunch (12:00–2:00 PM) at Knai Bang Chatt | 12:00 – 2:00 PM |
| 5. Afternoon session at the Seaside terrace or yoga room
Refreshments will be served mid-afternoon | 2:00 – 5:00 PM |
| 6. Sunset yoga, meditation class and debriefing sessions– seaside terrace or yoga room | 5:30 – 6:30 PM |
| 7. Dinner at Knai Bang Chatt | 7:00 PM |

Note that all meals are vegetarian – but you can also separately order meat and fish dishes from the menu.

Draft Program:

	Day one	Day two	Day three	Day four
	Connecting with Self	Creating Connection & Insight	The Intuitive Leader	Projecting forward
0500	Sadhana: Connecting body, mind and soul	Sadhana: Opening the heart	Sadhana: Intuition and your original self	Sadhana: Letting go of the past / taking away our fears
7:00	<i>Breakfast</i>			
9:00 – 12:00	Opening session: who am I as leader? (Graeme) The leader within: identifying core energy forces that enable and hold us back (Tonie)	Leadership challenge consultations (Graeme)	Vision Quest (silent walking): Tuning in to the environment and you, to the you within you (Tonie)	The power of your word (Graeme) <ul style="list-style-type: none"> ▪ Recognising competing commitments ▪ Personal reflection: what's the commitment you are making for yourself? Meditative projection & closing (Tonie)
12:00	<i>Lunch</i>			
2:00 – 5:00	Core energy forces – leadership flags Formulating your leadership challenge question (Graeme)	Leadership challenge consultations (cont.)	Reflection (connecting the dots): <ul style="list-style-type: none"> ▪ Self expression (Tonie) ▪ Finding your voice (Graeme) 	Return Phnom Penh
5:30 – 6:30	Sunset yoga and meditation class – seaside terrace or yoga room			
7:00	<i>Dinner</i>			