

**To change ourselves
effectively, we need to
change our perception first.**

Stephen R. Covey

Step outside your comfort zone
with our self-empowerment retreat.

Start your transformation

Whatever you want to do, wherever you want to go - we help you to develop a lifestyle to rediscover the brilliant, passionate, balanced you! **Join us for our 3-day self-empowerment retreat to rediscover yourself!**

Our 'antidote to modern life' helps you to align body, mind & soul - hence eliminating uncertainties about which decisions are best. Ultimately, your health, growth and impact elevate to higher levels. Our **5 modules** guide you through life with a fresh perspective. Using them consistently in your daily life, transforms you into the best version of yourself - **being what you were born to do.**



1. Relaxation



2. Reset



3. Rediscover



4. Recharge



5. Reshape

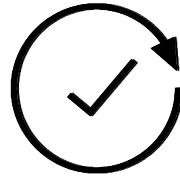


The 'Antidote to Modern Life'



1. Relax

Disconnect and open your mind - essential to enable any transformation. Mobile-free, you enjoy spa facilities, massages, group exercises, and meditation sessions to enter a state of grounding and relaxation to enable reflection.



2. Reset

In individual sessions you learn 5 agreements to **design your new baseline**, from which you can **only move forward**. Additional group sessions show you movements and breathing techniques to keep your calm & focused, even when you return to your hectic life.



3. Rediscover

With your new baseline you **create self- & situational awareness of your current comfort zone**. In individual sessions you remove emotional barriers and strengthen your confidence. This is the time to develop your new vision.

The 'Antidote to Modern Life'



4. Recharge

Your newly found baseline and goal setting already provide the first energy boost. In guided sessions you create a new morning routine to **active you energy source daily through body movement**. These aid to release endorphins and meditation grants you the power to manipulate time.



5. Reshape

The first 4 steps form the foundation for your transformation. You shaped **a vision beyond your current circumstances, paired with a healthy baseline on how to deal with new challenges**. Consistent daily practice is now a sustainable, enjoyable process with your goal in mind.



The approach can be challenging. Don't worry: we care about you and will make sure to **give you exactly what you need!**



Your lifelong companions



lessons learned are a timeless guide*



fit without fitness



booklet summarizing all your learnings



nutritional info - simple, healthy eating



increased overall energy level



meditation & mindfulness practices



handling your energy reserves efficiently



mastering stressful situations to come



rediscover your inner compass



the beauty of enjoying the here & now



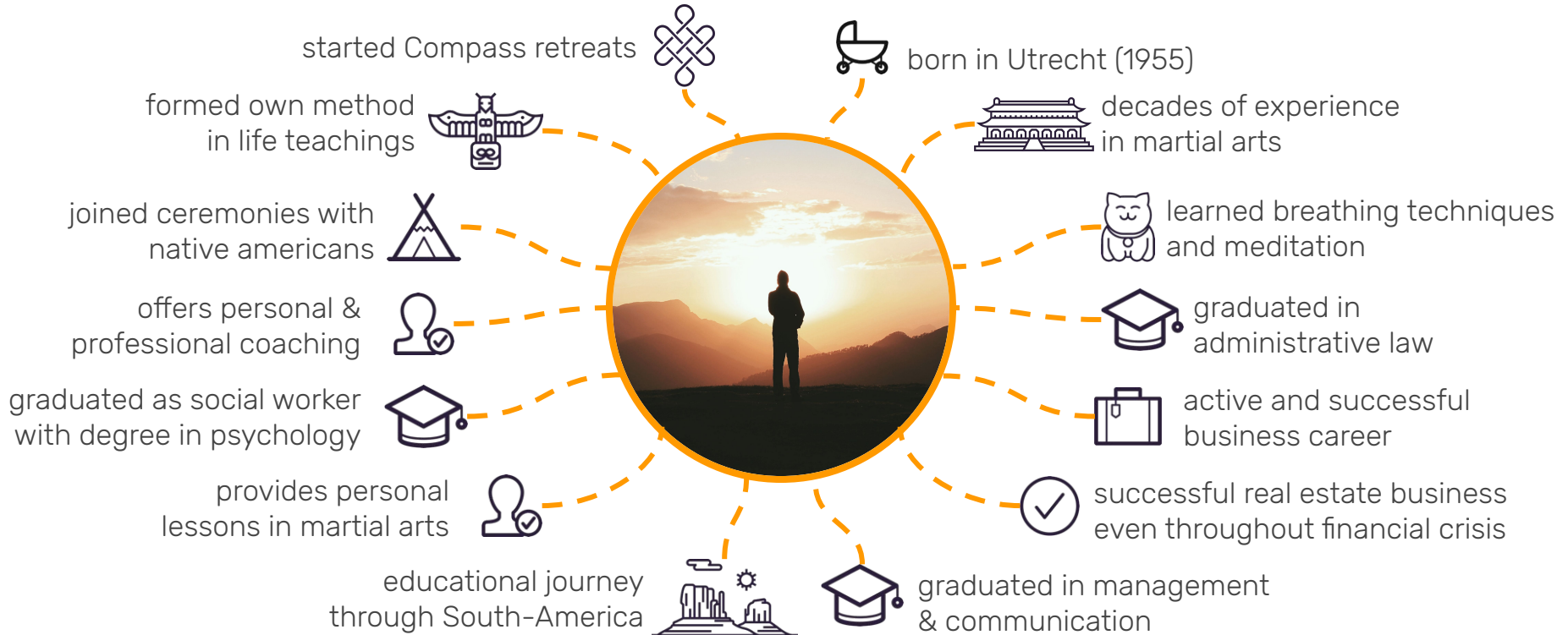
general & personal breathing techniques



your new, personal morning routine

*according to research published in *Translational Psychiatry (Nature)*, simple vacations only bring about short-term improvements in well-being; however, a week's meditation can improve metabolism for the long-run.

Meet Jos van Veenendaal



Invest in yourself with Compass

Apply now

Invest in yourself and reserve your spot. Join us in the Belgian Ardennes for €2200 incl. VAT (two part payment).

 dates on compass-retreats.com








 connect@compass-retreats.com

Free discovery call

Curious to connect in advance? Meet Jos to grasp the powerful impact he will have on your life and make your final decision.

Simply book your free discovery call or personal coffee date!

Included in the package

-  maximum 6 participants
-  individual + group sessions
-  private room + bathroom
-  wellness facilities + massage
-  2 support calls after retreat
-  oxygen bar
-  healthy food and drinks



**What are you going to do
with the one life you have?**

Every time you are tempted to react in the same old way, ask if you want to be a prisoner of the past or a pioneer of the future. - Deepak Chopra



Let your next investment be the best.
Invest in yourself with Compass.