

Algarve, Portugal

06 May - 12 May



7-DAY RETREAT

Restoring Balance Trough
Exploring Body & Mind Touch

INSTITUTE LEEA

www.helloleela.com



A multiprofessional team of a medical doctor, a dietician and nutritionist and bodyworkers developed a therapy concept for treating unhealthy weight and emotional eating. The approach "Connect Mind to Body & Body to Mind" creates the possibility to bring the organism back into homoestasis, to increase the energy level and thus to live healthier and happier in the long term and in a profound way.

The program is a quite intensive, evidence and practice based training to enhance self-awareness and self-confidence. The goal is to gain a greater understanding of bodily signals such as hunger, satiety, and taste preferences. The program incorporates elements of various bodywork techniques (acupuncture, Breathwork, Mindful Eating, Yoga, Qigong, etc.).



Daniela Bergthaler, MSc

Dietitian, Public Health Nutritionist



Dr. Jan M. Keppel

Hesselink, MD, PhD

Medical doctor and biologist | Bodyworker



Overview of the Program



Food is such an important part of taking care of our whole body (physical, mental and emotional). A healthy relationship with food equals a healthy relationship with life itself. This program, created by a multiprofessional team, will introduce to you healthy strategies to manage emotional eating pattern through the skills of practicing body & mind work.

Participants

6-8 from Austria

Duration

7 days, 6 nights

Periode

06 May - 12 May

Language

German and English

Location

Algarve, Portugal

Price*

Early Bird € 1.250,00

Regular € 1.550,00

*What is included in the price? Accommodation and food, all coaching and sessions, program material | What is excluded? Airfare, Travel insurance, Follow-Up appointments (optional) | Cancellation policy: The amount must be paid within 7 days after booking. If the reservation is cancelled up to 3 weeks before the start of the retreat, 50% of the total price can be refunded.



What to expect?

Why is being connected to your body & mind and your authentic self-important?

You might find it odd if you are told that you are not fully connected to yourself, but you may recognize that this state may just be the truth. And the cause of much sufferings. Our team members have all gone through a period of change where they discovered what it is like to again feel connected to themselves. It is about feeling good, alive, present, grateful. Most importantly that you realize you can achieve many aspects yourself, not being dependent on others.

1

We will explore together how to dive deep into our own experiences based on our senses and let us be touched by the joint effort of all; creating a new conscious state of being.

2

Inviting you all to re-connect with your own state of being, your essence and your truth, discovering your authentic self.

3

For this journey we have selected a number of body-mind explorations varying from meditative acupuncture up to shamanic journeying.

The retreat is for those who are



- feeling out of control with food and eating
- eating large amounts of food, even when not hungry
- experiencing negative emotions during and after eating
- having a love-hate relationship with food
- using food to deal with stress
- having little or no success with diet and exercise plans
- habitually eating too fast
- feeling consistently 'stuffed' after eating
- currently experiencing an unhealthy/ uncomfortable body weight
- and currently being not so happy with your quality of life.



Our course is an intensive, evidence
and practice-based training in
becoming conscious, where you will
learn new skills, tools and practices
for your everyday life.



This course has elements and components of different techniques.



Acupuncture

We use meditative acupuncture to enhance our awareness in the here and now, to totally focus on the effects from some needles in important acupuncture points in our body.



Yoga and Qigong

Age old systems of bringing our body-mind system into the ultimate balance. It is important to invite ourselves to flow into a parasympathetic state of being and to dissolve all stress into relaxation. Yoga and Qigong assist us in that endeavor.



Body-mind work

We offer a range of body-mind techniques to enter into a relaxed state, and to experience the joy of the moment.



Breathwork

Breathwork is based on the old ayurvedic technique from the yoga school of Patanjali; we will offer breath sessions as well as classical pranayama techniques.



Mindful Eating

In the case of mindful eating we are invited to use all our senses while eating and to listen carefully to our own body-mind system. The art of mindful eating is to eat with your full consciousness in the here and now, and observe when you start forgetting yourself in the act of eating.

People who complete the course will experience:



- Less stress in relation to eating and food
- A greater sense of well being
- A greater sense of self-satisfaction, self esteem
- A decreased sense of being controlled by food
- An ability to cope more effectively with both short & long-term stressful situations
- An easier time losing weight....and keeping it off

If you're passionate about fostering a healthy relationship with yourself and your food, this course is for you.



Get In Touch



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