

# EXPERIENCE FLOW

*day 0 - arrival*

# 14:00

## Early afternoon arrival and accommodation

**17:00**

## ***Unpacking* workshop**

**20:00**

## Evening ritual of walk, breath, move

Curated, high-touch professional work, not a mass experience

# EXPERIENCE FLOW

*day 1*

**07:30**

## Kick off the day with move, breath, walk

**10:00**

**Pauses**  
breath  
pilates  
swim  
walk  
meditation

## ***All parts are welcome***

## Reflective lab

# *My practice in: systems, teams, contact agile workshop*

## ***Supervision***

## individual

## ***Dialog Circles***

small group  
self facilitate

## *Supervision pods in group*

**18:00**

**20:00**

# \*Sensory excursion: The Story of Olive Oil

## Evening ritual of walk, breath, move

Curated, high-touch professional work, not a mass experience

# EXPERIENCE FLOW

*day 2*

**07:30**

# Kick off the day with move, breath, walk

**10:00**

**Pauses**  
breath  
pilates  
swim  
walk  
meditation

# *My angle in systemic influence*

## systemic workshop

## systemic workshop

## ***Shadow with the mike***

## Reflective lab

## ***Supervision***

### individual

## ***Dialog Circles***

small group  
self facilitated

## *Supervision pods*

in group

# 18:00

**20:00**

\*Sensory excursion: Paštroske makarule  
Evening ritual of walk, breath, move

Curated, high-touch professional work, not a mass experience

# EXPERIENCE FLOW

*day 3 - leaving*

**07:30**

## Kick off the day with move, breath, walk

**10:00**

## ***Integration*** wrapping workshop

**14:00**

# *Bon Voyage*

Curated, high-touch professional work, not a mass experience