

# EXPERIENCE FLOW

*day 0 – arrival*

**14:00**

Early afternoon arrival and accommodation

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**17:00**

*Unpacking* workshop

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**20:00**

Evening ritual of walk, breath, move

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



# EXPERIENCE FLOW

*day 1*

**07:30**

Kick off the day with move, breath, walk

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**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 facilitated

***Supervision***

***Pods***

in group

**18:00**

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**20:00**

\*Sensory excursion: The Story of Olive Oil  
Evening ritual of walk, breath, move

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# 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

***Shadow with the mike***

Reflective lab

***Supervision***

individual

***Dialog Circles***

small group  
self facilitated

***Supervision***

***Pods***  
in group

18:00

20:00

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

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# EXPERIENCE FLOW

*day 3 - leaving*

**07:30**

Kick off the day with move, breath, walk

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**10:00**

*Integration* wrapping workshop

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**14:00**

*Bon Voyage*

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