



KAIZN METHOD RETREAT

KAIZN METHOD CONSISTS OF FOUR CENTRAL PILLARS.

LIFE ARCHITECTURE

ART OF CHALLENGE

MINDSPACE

MINDSTATE



MIND & BODY

WE EXPLORE THE FOLLOWING LIFESTYLE PERFORMANCE METHODS:

BODY:

BREATHWORK
MEDITATION
FLOW BASED ADVENTURE ACTIVITIES
MOVEMENT & TRAINING
RECOVERY

MIND:

VALUE DETERMINATION
POWER OF PURPOSE
LIFESTYLE ARCHITECTURE
MIND-SPACE



DAY 1: THURSDAY

MORNING:

KAIZN MORNING ROUTINE:

Cold Water Immersion, Breathwork, Meditation followed by a guided session.

Coffee / Tea & Light Fruit Breakfast

LIFESTYLE PERFORMANCE:

- Neuro-Performance and the science of Flow State.
- Learn how to feel comfort in discomfort.

LIFESTYLE ARCHITECTURE:

- How to Own Your Day.
- Introduction to Habit Stacking and the Power of Marginal Gains.

MOVEMENT:

- 60 minute Functional Fitness workout. Incorporating body weight movement, weight training, cardio, HIIT and circuits.
- (Scaled options to acknowledge different fitness levels.)*

AFTERNOON:

Lunch - Freshly made salads, grilled veg and dips

FLOW CHALLENGE:

- Trek & Mountain Climbing
- Recovery Protocol

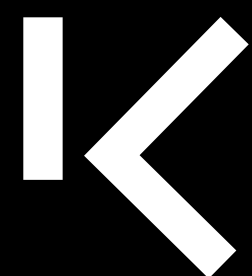
Free time until dinner.

SUNDOWNER CEREMONY

- Exploration of how our perception shapes our reality.
- The power of Intention Setting.

FAMILY FEAST:

- BBQ Dinner: Fresh Fish BBQ, Roasted Vegetables .
- Honey Grilled Peach with Homemade Vanilla Ice cream.
- Cocktail & Wine available.



DAY 2: FRIDAY

MORNING:

KAIZN MORNING ROUTINE:

- Cold Water Immersion, Breathwork, Meditation followed by a guided session.

Coffee / Tea & Light Fruit Breakfast

LIFESTYLE PERFORMANCE:

- Values Determination
- Our unique Purpose (Telos) & Reason for being.

LIFESTYLE ARCHITECTURE:

- Importance of creating a Personal Mission Statement

MOVEMENT:

- 60 minute Functional Fitness workout.
- Incorporating body weight movement, weight training, cardio, HIIT and circuits.
(Scaled options to acknowledge different fitness levels.)

AFTERNOON:

Lunch - Freshly made salads, grilled veg and dips

FLOW CHALLENGE:

- Mountain Biking
- Cliff Jumping
- Recovery Protocol

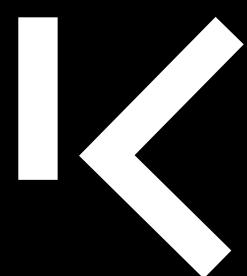
Free time until dinner.

SUNDOWNER CEREMONY:

- Personal Mission Statement refinement.

FAMILY FEAST:

- Seafood Paella, Cabbage with garlic & chilli, Palm of hearts salad.
- Local Almond cake with watermelon and mint.



DAY 3: SATURDAY

MORNING:

KAIZN MORNING ROUTINE:

- Cold Water Immersion, Breathwork, Meditation followed by a guided session.

Coffee / Tea & Light Fruit Breakfast

LIFESTYLE PERFORMANCE:

- Introduction of “Growth Buddy”
- Introduction sleep and digital hygiene.

LIFESTYLE ARCHITECTURE:

- Intention Setting (21 & 90 Day plan)
- Personal Growth mapping.

MOVEMENT:

- 60 minute 60 minute Functional Fitness workout.
 - Incorporating body weight movement, weight training, cardio, HIIT and circuits.
- (Scaled options to acknowledge different fitness levels.)*

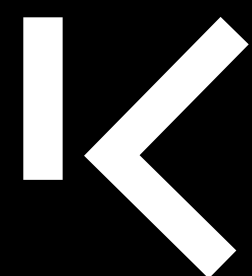
AFTERNOON:

At leisure pre-lunch to explore, sunbath, read etc.

Lunch - Freshly made salads, grilled veg and dips

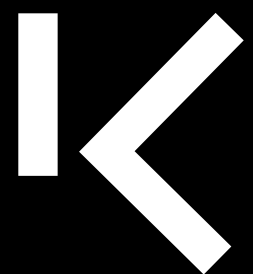
EVENING:

Final evening celebration



DAY 4: SUNDAY

Kick Back, Relax and integrate



REGISTER NOW

Date:

6-9th February 2020

**Pilot Course Price:
1200GBP**

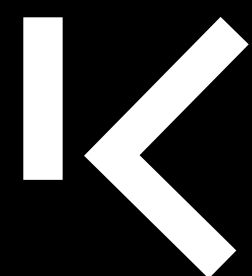
This includes board, bed, materials,
excluding flights.
*Price is for shared occupancy rooms

Spaces:

- **8 Spaces**

How to apply:

Email: info@Kaiznmethod.com



DISCLAIMER

THE INFORMATION AND OPINIONS CONTAINED IN THIS PRESENTATION HAVE BEEN DERIVED FROM KAIZN PARTNERS LIMITED (“KAIZN”) AND SOURCES BELIEVED TO BE RELIABLE AND IN GOOD FAITH OR CONSTITUTE KAIZN’S JUDGMENT AS AT THE DATE OF THIS PRESENTATION BUT NO REPRESENTATION OF WARRANTY, EXPRESS OR IMPLIED, IS MADE AS TO THEIR ACCURACY, COMPLETENESS OF CORRECTNESS AND ANY OPINIONS ARE SUBJECT TO CHANGE AND MAY BE SUPERSEDED WITHOUT NOTICE. ANY INFORMATION CONTAINED IN THIS PRESENTATION IS NOT TO BE RELIED UPON AS AUTHORITATIVE OR TAKES IN SUBSTITUTION FOR THE EXERCISE OF JUDGMENT.

THIS PRESENTATION AND ITS CONTENTS, INCLUDING IDEAS AND DESIGN EXECUTIONS, ARE CONFIDENTIAL AND MAY NOT BE REPRODUCED, DISTRIBUTED OR PUBLISHED FOR ANY PURPOSE, UNLESS WITH THE PRIOR WRITTEN CONSENT OF KAIZN.

© KAIZN PARTNERS LIMITED 2019

