

Masterclass Triple Flow Leadership with Tulku Lobsang

Open Body, Heart and Mind

how to keep the flow at work in constant changing and unpredictable times
For managers, leaders and entrepreneurs



Silence is the best way to think,
the best way to talk and the
best way to learn.

~Tulku Lobsang Rinpoche

16 November 2017

09:00 – 17:30 hrs

In a world of constant and increasingly fast change, it is not easy to remain positive and proactive in your work and keep the 'flow' in your body and mind. As projects become increasingly complex to manage with different demands from multiple stakeholders, how can you be happy and healthy while facing these challenges, day by day? Although you might do some sports, eat healthy foods and take a regular pause from work, you may still feel pressured or stressed and your work performance or private life may suffer from it. Why is it so difficult to stay 'in the flow' at work?

Well-tested ancient principles and practices for perfect health and happiness might help. In the East, yoga, breathing and meditation have been practiced for many centuries and millions of people have derived benefit from them. Their secret is to learn to open the body, heart, and mind and connect with them all three.

TRIPLE FLOW®



The Tibetan master Tulku Lobsang, a respected master in Buddhism, yoga and medicine, is bringing these practices to the West. Through a mixture of active body and breathing exercises, meditation, dialogue and reflections – all with a lot of joy and playfulness, he makes them accessible to western managers.

In this workshop you will learn the practices for increasing (and keeping) your body and mind in a flow. You will learn to practice them in the work context, alone and with others, and experience how you feel more joyful and at work more effective.



Tulku Lobsang will be assisted by Sander Tideman, a leadership researcher, trainer and advisor, trained in these practices. He applies them daily to business leadership, managers and in organizations.

PROGRAMME

09:00 Coffee, tea and registration
09:30 Start with introduction Sander Tideman
10:00 Practice and teaching Tulku Lobsang
11:00 Break
11:30 Practice and teaching Tulku Lobsang

12:30 Lunch
14:00 Yoga, meditation and results on work
15:00 Break
15:30 How to implement into your life and work
16:30 Drinks and networking

Availability and Costs

In total 25 places available: Euro 385,- / Euro 199,-* excl. VAT *for students/young professionals
Costs include lunch, tea & coffee, drinks and materials.



Location P2

Slotselaan 6-8 | 5328 ER Rossum

Beautiful Slot Rossum near Zaltbommel. A castle from the early 17th century with large garden, walks near the river the Waal and biological food from the small village. 60 minutes from Amsterdam, 30 Minutes from Utrecht, 15 minutes from Den Bosch and 40 Minutes from Arnhem.



Registration

Send an e-mail to carla@flowfoundation.nl with your details and we will get in touch with you.