

MIND - WALK ®

"In the end we only regret
the chances we did not take"



Mind-Walk®

You will receive:

- ✿ Practical course on the beautiful Island of Ibiza
- ✿ Stay 3 nights in a calm environment
- ✿ Breakfast, lunch at amazing on the Island places and dinner
- ✿ Learn to conduct 10 sessions based on 10 themes using the Mind-Walk Mandala
- ✿ 4 meditative walking techniques and many variations based on these
- ✿ Extensive coverage on using gifts in Mind-Walk outdoor sessions and how these "presents in the present" are used as consciousness anchors or for relaxation
- ✿ Elaborated exercises from mindfulness-based training
- ✿ Relaxation exercises and breathing exercises
- ✿ Meditations and visualizations
- ✿ A handbook detailing all sessions
- ✿ Access to an online platform with all exercises visualized
- ✿ Free listing on the website
- ✿ Benefits of Mind-Walk advertising materials

Inspiration, education, and relaxation: because the Mind-Walk Teacher Training is a gift to yourself.

The philosophy of Mind-Walk is that you cannot pass it on if you haven't experienced it yourself; thus, the course is full of experiential learning.



Combined with:

Mind-Walk Ibiza
& International
proudly present:

FIRST MIND-WALK TEACHER- TRAINING RETREAT IBIZA



4/7 October



Join us for a
retreat and
trainerscourse
in one

Become a certified Mind-Walk trainer

Stay 3 nights in a calm environment

All meals included

Welcome meditation

Two days of TeacherTraining

Walking meditation & mindful
movement

Relaxation, inspiration and education

MORE INFO: ZEN@MIND-WALK.NL OR DM

What is Mind-Walk®? Walking, nature, exercises, guiding yourself towards new possibilities, embracing life without 'shoulds' and 'musts'.



Mind-Walk®

Mind-Walk originated during a pilgrimage to Santiago. Along the way, life lessons were received, which later formed the themes for the 10-week outdoor Mind-Walk course. In addition to walking, meditating while walking (Walk), and a mental challenge (Mind), there are other components that make Mind-Walk a comprehensive program.

It is a combined lifestyle intervention beneficial for mental and physical well-being.

The Mind-Walk Method, more than just walking:

Mind-Walk uses a Mind-Walk Mandala for the method

Mind-Walk Mindful Mandala

1. Mind-Walk Meditative Walking Techniques: Various walking meditations or nature (walking) meditations;
2. Mind-Walk Movement Forms: Incorporating influences from both Eastern and Western movement principles such as Yoga, Tai Chi, Dance, Pilates & Body Training;
3. Mind-Walk Relaxation: Meditations, Visualizations, Stress release exercises, Breathing techniques & Relaxation exercises;
4. Mind-Walk Mind: Thought Management, Positive thought power, Mindset, Personal development & Consciousness development;
5. Presents in the Present: Gifts in the now, small gifts to reinforce exercises or as anchor points;
6. Nature Awareness: Reconnecting to your own nature in nature.

Mind-Walk: Walking meditation, mindfulness in nature, and relaxation.
A delightful combination.



Mind-Walk® Trainer Course

The two-day Mind-Walk course, entirely in line with the Mind-Walk philosophy, is focused on self-experience.

Can you imagine?

Walking on the beautiful island of Ibiza and immersing yourself to become a Mind-Walk trainer?

Mind-Walk consists of 10 sessions, each with a different theme.

These 10 sessions are covered during the Mind-Walk training weekend.

Throughout the course, we use small materials for visualizations, which we call "Presents in the Present," or gifts in the now.

During the two-day training weekend, the first 5 sessions are extensively covered on day 1.

It's a practical course: we immerse ourselves in nature and experience all the exercises firsthand. On the second training day, the remaining 5 sessions are covered.

After completing the two-day training, participants are allowed to start conducting Mind-Walk sessions. You will receive a ready-to-use manual containing detailed descriptions of the 10 sessions. Additionally, you will gain access to an online platform where you can exchange questions with other trainers and access an academy where the course materials are visualized.



Did you know that as a Mind-Walk trainer, after the basic course, you can guide someone with at least:

- 10 themed guided outdoor sessions
- 44 Meditative walking techniques
- 9 Mindful movement sequences
- 9 Relaxation exercises
- 10 Mindset moments
- 6 Consciousness anchors

All of this infused with a touch of Nature Awareness (and a few nature awareness exercises).

And of course, we'll also teach you how to attract participants and how to create new training sessions yourself.

Practical information:

The small theoretical parts will be addressed after the lunches to digest the material.

So, it's a well-balanced course where we alternate between walking parts and mindful movement, interspersed with relaxation and food digestion

We call it a retreat because the teacher training feels like a gift to yourself, but be aware that this form of retreat offers little free time. It features a full program where we provide the right balance between relaxation and activity.

Comfortable (sport) clothing is therefore recommended, especially as there will be exercises during the training.

Lunch will be served at unique locations on the island.

Although the training takes place in the beautiful Ibiza, I advise you to wear several layers due to the wind. It's better to be able to remove layers if you feel too warm rather than not having enough clothing.

Footwear: Outdoor (sport) shoes are recommended; hiking boots are not advised unless they are lightweight and flexible (due to the poses/exercises).

I'm looking forward immensely to guiding a new group of trainers. Hopefully, we'll see each other soon.



Info Stay Ibiza

Start with a joint dinner on October 4th.

On October 5th and 6th, breakfast and lunch will be provided on-site, along with dinner.

Breakfast will be provided on October 7th.

Total costs per person for a single room for 3 nights including meals and drinks:

Total: €1245 Including Mind-Walk TeacherTraining
excluding flight.

Total costs per person for sharing a room for 3 nights including meals and drinks: €1080 Including Mind-Walk TeacherTraining
excluding flight

The prices are excluding VAT



Really Looking forward to see you on the Island

Relaxation meets Education.

If you have any questions, feel free to contact me at
zen@mind-walk.nl.

Angelica and I are looking forward to this very first Mind-Walk
Teacher Training in Ibiza.



Frequently Asked Questions about Mind-Walk

- Is Mind-Walk new? Yes and no.

Mind-Walk draws upon influences from ancient practices such as yoga and pilgrimage, brought together in a down-to-earth new method. What makes Mind-Walk unique are the themes for personal development combined with influences from various traditions, along with meditative walking techniques. Additionally, we use small materials to reinforce visualizations. These small materials are called "Presents in the present," or gifts in the now. These elements are harmoniously merged into a ten-week course. This makes Mind-Walk a special and innovative program (which has been around for 10 years already).

- Can anyone become a Mind-Walk trainer?

Yes, in principle, there are no admission requirements.

Can anyone call themselves a Mind-Walk trainer?

No, Mind-Walk is a trademark with an associated logo and may only be used by trainers who have completed the Mind-Walk trainer course.

I often get asked: can anyone call themselves a trainer after the weekend? The answer is yes, but the explanation is a bit more complicated. Mind-Walk originated and has been passed on in practice, and due to increasing demand, it has also been passed on to colleagues such as sports instructors, yoga teachers, and mindfulness trainers. This is also the largest group of prospective trainers interested in becoming Mind-Walk trainers. I am convinced that I attract people who implement Mind-Walk in practice as intended and therefore do everything necessary to ultimately deliver a high-quality training.



I always say: Mind-Walk is a methodology, an intervention, and real Mind-Walk training starts only when you put it into practice. Once you start working with it and practicing. During the experiential course, you'll notice where you still need some things, and you'll learn them gradually in practice. Everyone has their own learning experiences, which is why I don't have admission requirements because I don't believe that all knowledge can be obtained through certificates and diplomas. Many people already have so much life experience and knowledge. So, I am convinced that you don't need to have everything in place to take the training, but being a Mind-Walk trainer is a constant process, just like life itself. If you feel you're missing some tools after the course, I'm convinced you'll develop them to deliver Mind-Walk effectively in practice. Some trainers pass it on just as it is, while others want to specialize a little more in yoga or mindfulness. But mostly, I attract participants with a rich backpack of courses, education, and training, so Mind-Walk feels like coming home.

- As a trainer, are you obligated to conduct 10 sessions in a row, or can you offer them in separate workshops?

Mind-Walk is offered in a 10-week course format because we work with themes for personal development in 10 sessions. If you want to offer a different format, you can do so, and we usually call it Mind-Walk Special or XXL or Mind-Walk workshop, but it should be clear that the basic course is something else. However, you are allowed to use the name. We even teach you how to create your own new training sessions and courses, and we exchange a lot within our community of trainers.



- May you determine the content of the lesson yourself as you offer it?

(of course, with the tools learned): Each session has fixed elements that fit the theme, such as Mind-Walk pose sequences (similar to yoga asanas), breathing exercises, meditations/visualizations with or without the use of small materials, and of course, the meditative walking techniques. As a trainer, you may swap exercises that better suit you or the environment you walk in, it is essential to give it your own spin within the Mind-Walk method. If an exercise doesn't fit you, talk to other trainers within the online platform about an alternative, so it truly becomes your training. You can compare Mind-Walk to a beautiful mandala: the lines are already drawn, but you fill in the colors yourself, and occasionally coloring outside the lines is allowed. If a session deviates significantly, for example, if you meditatively walk to the place where you're going to give an hour of yoga class, then I say: better call it with influences of Mind-Walk. But if 80% matches the method, you may call it Mind-Walk.

- May you call it something different?

Certainly, if you are inspired by Mind-Walk but prefer to call it WonderWalks, HeartJourneys, or ZenMindful Walks, you may certainly do so. I always say: give credit where credit is due; I always acknowledge where I got the inspiration from and think about it: treat others as you would like to be treated.

Ultimately, we serve one higher purpose: to give people the benefits, and how we name it is not relevant, as long as the results are achieved.



- Is there also something like a license? Or are you really finished after the course? After the course, you may call yourself a Mind-Walk trainer, use the Mind-Walk logo, start Mind-Walk groups, and use all flyer texts and quotes. There is no assessment moment, although I officially reserve the right to revoke the license.

But honestly, a license has never been revoked; Mind-Walk trainers are the organization's business cards (I always call them my Lucky Clovers, and if you provide good training, there is no reason to revoke the license.

To keep our noses pointed in the same direction, we have chosen to further educate with specializations and connect with meet-ups, but this is not mandatory.

I recently wrote this:

You feel connected to Mind-Walk, the philosophy, the method, and our warm, connecting community, or you don't. Certification is not required for that. I've been saying this for years: the license system was initially designed to prevent the proliferation of sessions bearing the Mind-Walk name but no longer being Mind-Walk. After 7 years of conducting the teacher training in practice, I am now aware that Mind-Walk is a lifestyle, which you either embody or not, and that having a license system is unnecessary. We attend further education and specialize, go to meet-ups because we want to learn, grow, and develop and to exchange ideas with each other, not because it feels like an obligation.

"Be the change you wish to see in
the world."

Ghandi

