

# WORKSHOP

‘Find ***your*** light  
through Sports,  
Art and Music.’

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& Stephanie Contomichalos

- Who are we?
- What are we offering and when?
- Who should follow this workshop?
  - Why should you attend?
    - How does it work?
  - Which tools will be used?
    - What is the schedule?
    - Who are the coaches?
      - Words of thanks!

Who are we?

## **'TROUBELLE MEETS NEFELI.'**

This workshop brings together the dreams and visions of Stephanie and Kirsten. We both firmly believe in the power of creativity and play as tools to not only live a more fulfilled life but to helps work towards a more concrete vision of how to work towards goals, dreams and how to make them a reality.

We are bringing together Kirsten's background in fashion design and art, and Stephanie's background in movement and sport with the aim of helping you to find your light.

We have put together a wonderful and varied program of different creative outlets and expressions, allowing you to experience different disciplines that, we hope, will inspire, motivate and stimulate you.

We are very excited to share this workshop with you.

What?

## 'YOUR CHOICE, OUR JOURNEY'

Finding *your* light, through exercises in sports, art and music

.

We hope that these exercises will begin the journey for you to explore and design the life you wish to live.

**What?** Online courses; 5 days; 2 courses a day of 1,5 hours;  
7 different experienced coaches.

**When?** November 16<sup>th</sup> - 20<sup>th</sup>

## For who and why?

In a world where we are digitally connected, we feel physically and emotionally disconnected. We compare ourselves to others via our social channels and try to copy or imitate someone their lives. Many of us wonder if we are doing the thing we love and if we are living the life we truly want to live.

This workshop is for **everybody** who is searching for the thing within themselves that makes their heart shine, soul sing and mind wonder.

The thing that makes you, your unique self.

At birth everybody is born with a gift, a soul purpose. In life we do our best to search for it. The moment you find your gift and start sharing it with the world, you'll feel extreme **joy** from deep within. We want to help you find this joy.

We believe that it can keep you balanced in life.

How?

We believe you can find your light through **Sports, Art** and **Music**.  
By doing activities that trigger all your senses and that asks you to connect  
**body, mind** and **soul**.

We will show you ways in which you can connect with your deeper you. It will not be complicated. All you have to do is show up, be curious and be yourself. We will ask you to truly listen to your inner light and to follow your dreams. Creativity can be the driver for real change, it can inspire **remarkable achievements**.

Different classes will guide you. Different coaches are there to inspire you and help you. No experience is needed.

Everybody will make their own choices and choose their own paths and we will start the journey together.

**'YOUR CHOICE, OUR JOURNEY'**

# 'YOUR CHOICE, OUR JOURNEY'



**99 EUROS**

**This includes:**

- Full access to all courses
- Access to all recordings
  - Recipe e-book
  - Daily journal prompts
- Discounts of a number of wonderful services
- 10% off all Nefeli Nine Retreats in Spring 2021
  - Live Q&A



# Tools?

Everyone will be asked to work in a sketchbook.  
This sketchbook will be the personal ***masterpiece***.

During the workshop, you will fill the sketchbook. You will work on it in the classes and in your own time. How you want to use it is completely up to you.

An agenda will be sent out to everybody. The agenda will contain the different classes and information on the coaches and what you need during each class.

You will need an iPad or laptop with a strong internet connection to attend the morning and evening classes.

# Schedule

**DAY 1**  
YOU

**DAY 2**  
DREAMS

**DAY 3**  
FEARS

**DAY 4**  
HABITS

**DAY 5**  
GOALS

5 days; 2 classes of 1,5 hours a day; 7 coaches.

Every day will be focused on a different subject.

There will be different classes linked to these subjects.

All classes will be given by specialists in their field.

Every day there is a morning class and an evening class, both of around 1,5 hour.

The classes will be a mix of presentations, exercises and questions.

In between classes there is time for yourself. You can decide if you want to use this time to work on the **masterpiece** or if you have other obligations.

**DAY 1**  
**YOU**

This day is about you and your passions.  
Highlighting everything unique about you.  
You have your story to share with the world.

This day will begin the discussion of 'you' and 'your story'.  
We all tell stories about ourselves; these stories define who we are. Seldom is a good story so needed as when a major change is under way. In a time of transition, telling a compelling story to our friends, family, or even strangers inspires confidence and faith in our motivations, our character, and our ability to reach goals.

Who are you and what are you known for? What are your dreams and fears? Our goal is to introduce the group, the coaches, the schedule for the week and to start the journey by getting to know yourself better.

## **'Introduction and play.'**

***Class 1 -> 8h00-09h30***

In this first class our coach Stephanie is going to give you a 30 minutes introduction of the week and the classes ahead.

After this introduction, she will lead a playful yoga class to warm-up the muscles and open the mind.



## 'Create your vision board.'

*Class 2 -> 18h00-19h30*

In this second class our coach Kirsten is going to guide you into making your personal vision board. This vision board is about you and your passions and will highlight everything exceptional about you.

This board can be a guide in your personal or professional life.



**DAY 2**  
DREAMS

Breath and receive. This day you will focus on your dreams. What inspires you? Where do you charge yourself? What feeds your soul?

This day should take you away from daily reality and bring you to your wildest dreams. What are you dreaming of? What is on your to-do list? What are your wishes? It can be focused on yourself, as well as on the wishes you have for the world or for your friends and family. The exercises should help to take you to those dreams. The goal is to guide you on how to find inspiration and motivation to discover and follow these dreams.



## **'Paint your dream'**

***Class 1 -> 8h00-9h30***

Free painting is a great way to connect with your inner light and be fed by your highest self.

In this session, Kirsten will do fun exercises and let you paint your biggest dream.



## **'Let Your Body Move.'**

***Class 2 -> 18h00-19h30***

Dancing is a great way to connect with your inner feelings and let go of any tensions and self judgement.

In this class our coach Georgina will invite you to move from your heart. Dance like nobody is watching. Switch off your mind and dance.





**'Everything you want is  
on the other side of fear..'**

## **DAY 3 FEARS**

This day you look at your fears and fight them.

So much of our suffering is caused by fear. In many ways fear restricts our lives. It imprisons us. And fear can even make us do things. Fear can cause us to freeze or it can cause us to panic. How do we find the path through these two extremes?

This day should take us out of our comfort zone. Let us do things that we usually don't do or dare. Eventually this day should show us that fun is just on the other side. We often think too much and let it overshadow the things we wish to do.

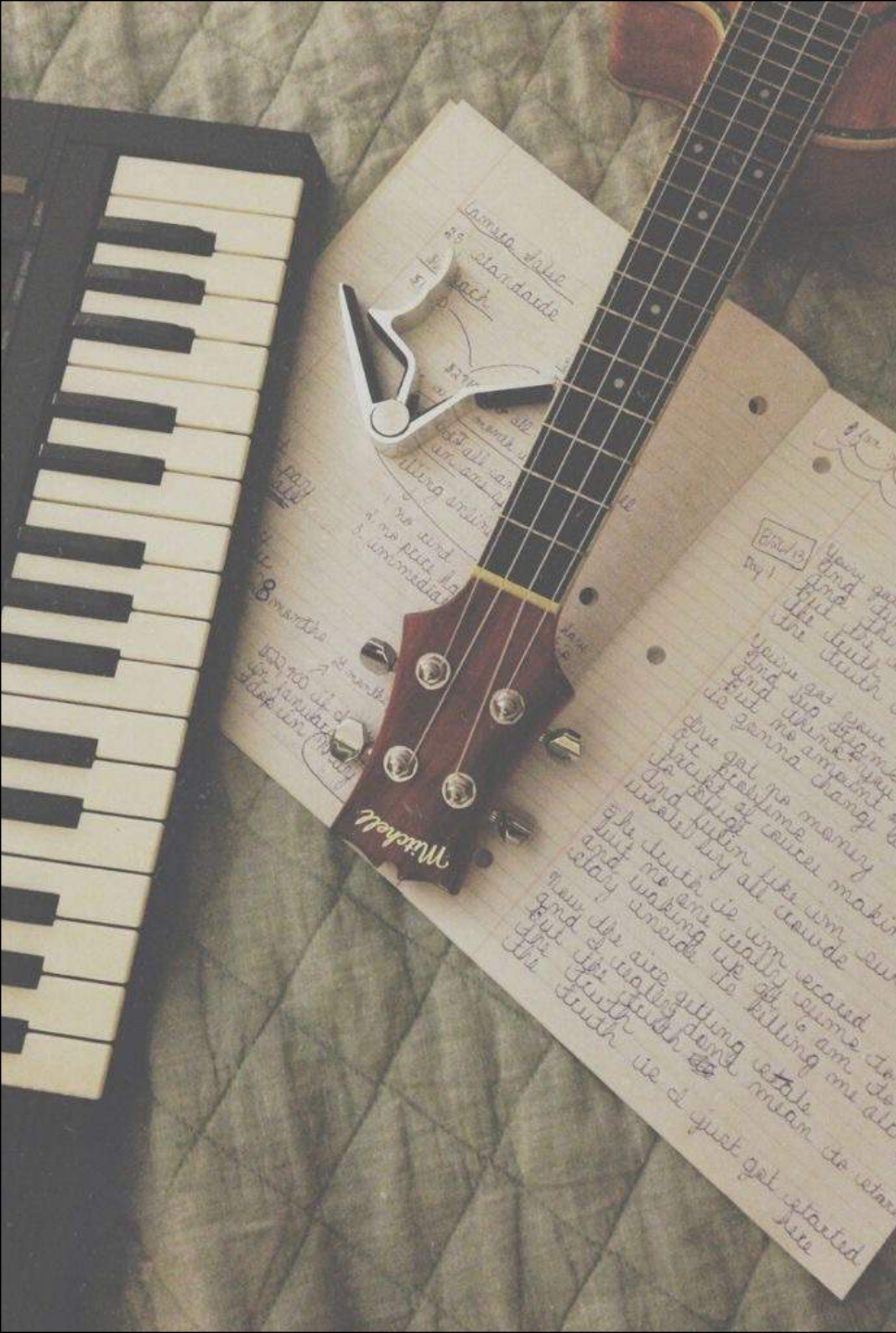
Our goal for this day is to show you that it is ok to step out of your comfort zone, because maybe you will meet a different side of you and for sure you will find joy and fun in trying something new.

Day 3

## 'Music class- Circle song.'

***Class 1 -> 08h00-09h30***

Music is everywhere and it touches us in many ways. It is a direct connection to our emotions. Through two workshops, our coach Lara will take you on a free-flowing journey. Through the eyes of a musician. Exploring your own voices through soundscapes, song and a little creative writing of your own. In this first class Lara will introduce you to small warm-up exercises that are beneficial to your daily life, whilst learning "a circle song", without instruments in a relaxed and improvisational manner.



## 'Expressive writing.'

**Class 2 -> 18h00-19h30**

This class is useful for anybody seeking insight into their inner lives, who want to listen to their inner voice and connect with their full creative potential.

*Dimitra's* approach through expressive writing techniques encourages life reflection, self-exploration and creative expansion.

**'Don't wait for the perfect moment.  
Take the moment and make it perfect.'**

**DAY 4**  
HABITS

Today we will break bad habits and bring in new ones. Our goal of this days is to show how you can add small changes to your daily life into bringing positive habits into your life.

We want to pull, not push.



## **'Meditate and flow.'**

***Class 1 -> 8h00-9h30***

It is important to find time for yourself in this busy life. Meditation and yoga can give you that break in your day where you connect back to yourself and set new intentions.

In this class our coach Bryony will give you an easy meditation and yoga flow that can be done by you whenever you need it.



## **'Cooking love.'**

***Class 2 -> 18h00-19h30***

Cooking is a great way to feed your soul. A relaxing moment for you and a special moment with your loved ones at the dinner table. It is important to find a balance between healthy and whole foods and moments of food for the heart.

*Ceri* our coach will walk you through one of her recipes step by step. Giving you tips along the way on how you can make healthy swaps and have simple options every day. Even when you are busy.



This final day we will reflect on the last 4 days.  
And together we set goals for the next year around the sun.

## **DAY 5** GOALS

What's your masterpiece? What made your heart sing this week?  
Did you discover new passions and were you able to let go of fears?  
Do you want to share your masterpiece with the group?

This day is the day where we connect all the dots of the past week and sessions.  
This day's goal is to help you shape your dreams into goals. To connect to each other and share our choices, our masterpiece and to continue the journey after this workshop with lots of tools and great connections.

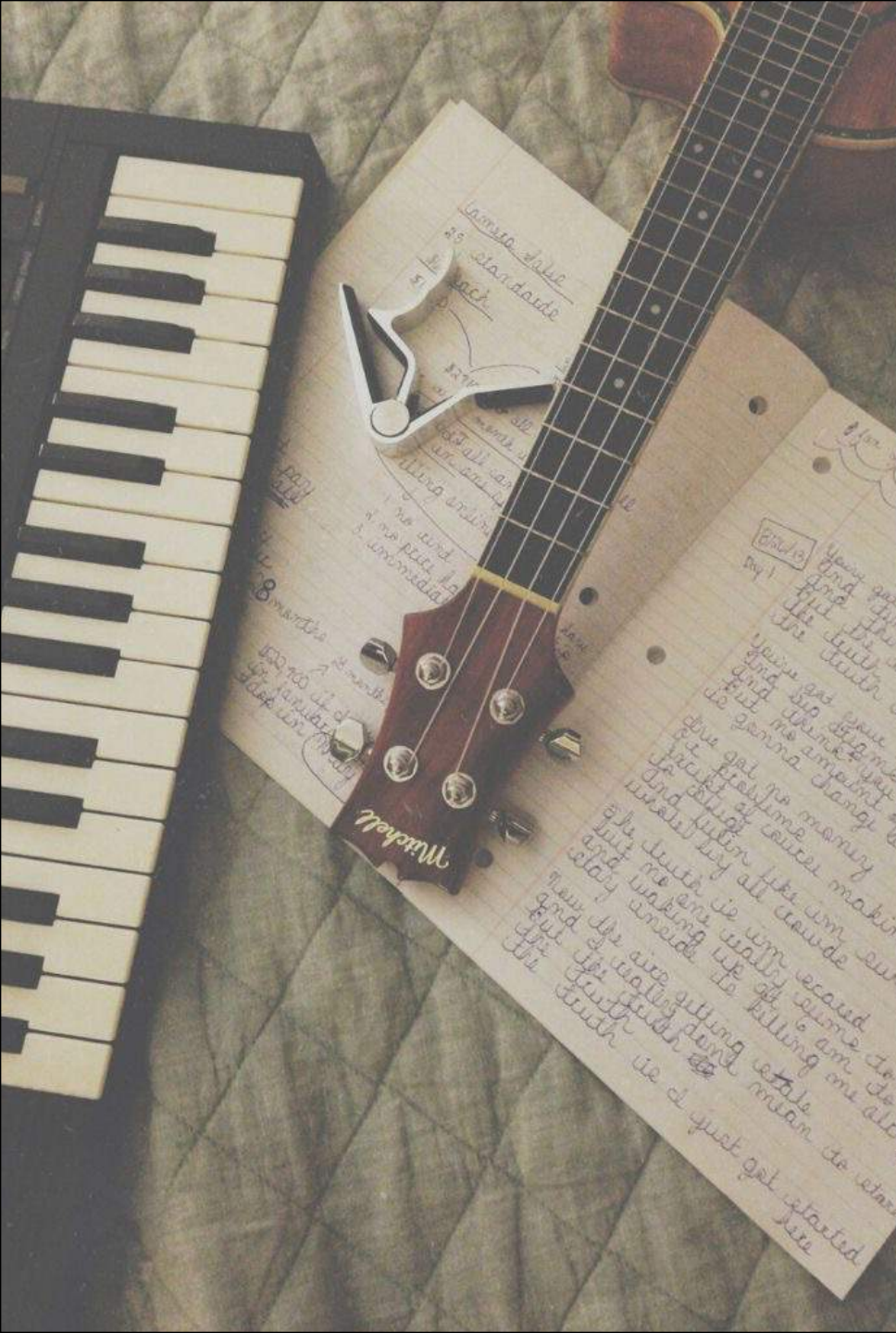


Day 5

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## 'Masterpiece'

***Class 2 -> 18h00-19h30***

This is not a class, but a gathering.

Stephanie and Kirsten will guide this final class.

Now the word is up to you.

What are you giving to us?

Here we will connect to our bodies, mind and soul.

And there is time to share your ***masterpiece*** with all

of us. Our goal is to finish this class together. To

have everybody excited about their personal  
journeys and to create a network for the future.



Schedule

DAY 1  
YOU

DAY 2  
DREAMS

DAY 3  
FEARS

DAY 4  
HABITS

DAY 5  
GOALS

AGENDA	<u>MONDAY</u> <b>'YOU'</b>	<u>TUESDAY</u> <b>'DREAMS'</b>	<u>WEDNESDAY</u> <b>'FEARS'</b>	<u>THURSDAY</u> <b>'HABITS'</b>	<u>FRIDAY</u> <b>'GOALS'</b>
Morning class	Introduction & play. -Stephanie-	Paint your dream. -Kirsten-	Music class 1. Circle song. -Lara-	Meditate and flow. -Bryony-	Music class 2. Your song. -Lara-
Evening class	Create your vision board. -Kirsten-	Let your body move. -Georgina-	Expressive writing. -Dimitra-	Cooking class. -Ceri-	Masterpiece. -Stephanie & Kirsten-

## Coaches



Love for Fitness & Sport: this was something **Stephanie** developed later in life. Sport became the reason Stephanie woke up in the morning. During her adult life sport has always been important as it makes her feel better. It is through sport that she has met most of her friends. It has taught her how to work with people, how to achieve goals, even how to set goals that are attainable. This is something Stephanie want to share with people, to inspire people to use sport and fitness to make changes in their life. Physical change stimulates mental change!



# Coaches



After working as a denim designer for international fashion brands **Kirsten** started her own label Troubelle in 2016. At Troubelle, Kirsten creates unique designs that tell the story of the customer. To minimize waste she works with recycled products and left-over fabrics. Inspired by nature and travels, the customized designs are always colorful.

Kirsten believes strongly in the power of creative journeys and started Troubelle to introduce people to their creative side and inspire them to follow their wildest dreams.



## Coaches

Our chef **Ceri Jones** is a professional chef with an innovative approach and a passion for celebrating seasonal food. Ceri's view is that food should be simple and accessible to all, this very much reflects in her recipes. Ceri has amassed a large following of food lovers and adventurous home cooks through her blog and social media within which she shares regular tips and techniques as well as her signature recipes. We are very happy to have her join this workshop and guide us into preparing a hearty home cooked meal.

# Coaches



Lara Eidi Band Live

Athens born to Lebanese-Canadian parents, **Lara** is an established singer-songwriter, recording artist and jazz vocalist based in London . Her music has gained her critical acclaim as a unique artist in both the jazz and folk scenes (BBC Artist, 2020), described as "a singer with true gift of a voice, a kind soul, and a captivating presence." (JazzUK). A graduate of the Guildhall School of Music and Drama, she's performed in established venues across Greece, the Middle East and the UK (Hampstead Jazz Club, Edinburgh Festival, Barbican Centre). She is a passionate music educator, currently a guest lecturer at the University of Leeds, City University and her own freelance workshops. A creative and holistic educator, she focuses on the transformative abilities of music





## Coaches

**Dimitra** is a psychologist, science journalist and author. Her aim is to help people gain insight and bring balance into their life, listen to their inner voice and enhance their creativity through expressive/ therapeutic writing. After filling thousands of pages for personal and professional purposes, Dimitra quickly discovered the power of the written word. She worked as a journalist for more than 16 years in order to raise public awareness about mental health issues. Currently founding and editing a web-magazine that explores psychology, she is the founder of an institute "Expressing myself" which offers workshops promoting conscious and creative living. She strongly believes that written language is a powerful tool for our personal development and therapy.



## Coaches

**Georgina** is a yoga teacher currently based in Rome. She has found yoga and movement in general to be a beautiful form of self expression and self care as well as a sacred space of 'letting go'.

In the last two years she has been playing around with a more spontaneous kind of movement where the body is allowed to express freely while the mind is encouraged to take a back seat.

She believes that freestyle, free flowing movement is a form of meditation in itself and can create a healing space in which we let go of tension, connect to our life force, the source creativity and align with our true nature.



## Coaches



Drawn to yoga for its healing qualities, **Bryony** found the yoga mat became her sanctuary during difficult times. The mat brought her a sense of peace, acceptance and clear perspective. Bryony draws on her background of dance and fitness training to create her style of yoga, a style that challenges and develops both mental and physical strength. Her passion for the philosophy of yoga is integrated in her classes, as she feels the power of yoga moves beyond just the asana. For Bryony, yoga can deeply enhance the lives of those who chose to let it, and she hopes to share this with all.

Thanks!

**'THE MEANING OF LIFE IS TO FIND YOUR GIFT.  
THE PURPOSE OF LIFE IS TO GIVE IT AWAY.'**

We are happy to share the different sessions with you.  
We hope that this week will bring you inspiration, joy and new insights.

Our aim is to start your soul journey.  
For you to begin to explore and design the life you wish to live.

Your masterpiece begins now.  
Go out and explore and do the things you love.  
Stay in touch and share your journey with us on your socials.

Big thanks to all coaches.  
Hope to meet you all in person very soon.

**See you soon!**

'Your choice,  
our journey.'

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