

VDB | Insights  
inspiring conscious impact



# Resilience

cultivate an open heart and  
mind in challenging times

Mindfulness & Yoga Retreat  
19 - 25 March, 2023  
la Rosa dei 4 Venti, Puglia

To be fully alive, fully human, and completely awake is to be continually thrown out of the nest.

*Pema Chödrön*

Mindfulness and Yoga practice are intended to still the movements of the mind, to gain insight into its «nature» and the world around us. These practices involve the cultivation of beneficial mind states, which help us to strengthen our resilience and our ability to navigate the - sometimes stormy - waters of our lives more happily, peacefully and with greater ease.

In this retreat, you'll learn various practices from traditional wisdom and cutting-edge research that will allow you to reconnect with your inner wisdom, with others and with nature. You will learn how to cultivate an open heart and a clear mind in trying times, enabling you to create action from a deep sense of purpose.

Our teachings are based on the wisdom of various Buddhist schools, including the Vipassana and Mahayana Tradition, Yoga, classical pranayama and modern breathing practices, mind-body and functional medicine, coaching and 20 years of personal practice.

The retreat involves daily meditations, yoga and mindful movement, theoretical inputs and group sharing. It leaves time for you to relax or explore the beautiful surroundings. Parts of the retreat will be in silence.





## Schedule

**Programm starts in Sunday, March 19th at 5pm.**

### **Sunday March 19th, 2023, Arrival Day**

15h30	Tea and arrival
17h00 - 18h45	Welcome
19h00-20h30	Dinner
20h30-21h00	Meditation, Silence

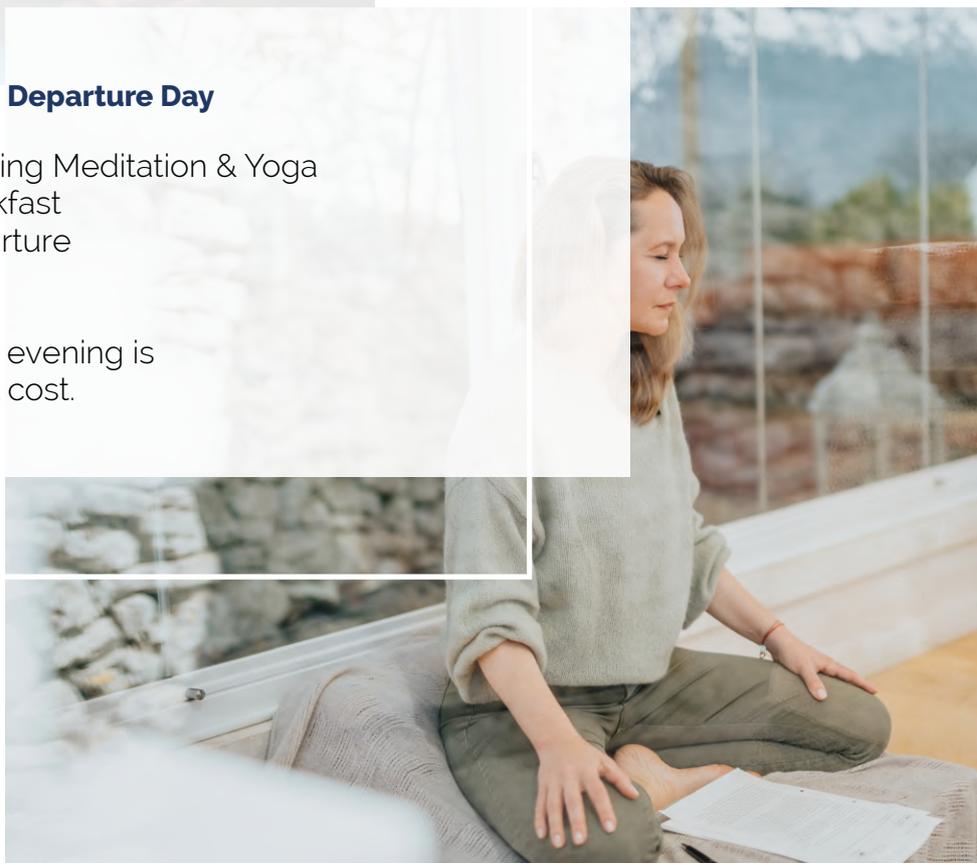
### **Monday March 20th - Friday March 25th, 2023**

7h30-8h00	Morning Meditation
8h00-9h30	Yoga & Pranayama
9h30-10h	Coffee Break
10h-11h	Introduction of the daily topic, Meditation
11h00-15h30	Brunch & Free Time
15h30-16h30	Mindful Movement, Walking, Breathing
16h30 - 17h00	Tea Break
17h00-18h30	Teachings & Meditation
19h00-20h30	Dinner
20h30-21h00	Meditation, Silence

### **Saturday, March 25<sup>th</sup>, 2023 Departure Day**

7h30-9h00	Morning Meditation & Yoga
9h00-10h00	Breakfast
10h00	Departure

\*Early arrival on Saturday evening is available at no additional cost.



# Your Teachers

This retreat will be taught by Susanne von der Becke (Ph.D.) and Constanze Lullies. Susanne and Constanze have supported each other through various walks of life for over 20 years. Their interest in spiritual practice, yoga, meditation and insight has connected them from the first moment they met.



**Susanne von der Becke, PhD**

My focus lies on how we can integrate the insights from our practice into action and thereby create positive change for ourselves and this planet.

I am a nature- and people-loving ambivert, with a passion for deep inner work that helps us live our life with meaning, joy and impact. In my courses, I combine ancient wisdom with modern, scientific insights and real-life examples for leaders who want to create positive impact.

I am a former investment banker, investor and business owner, founder of [VDB Insights](#), Chairwomen of the environmental non-profit organisation [The Klosters Forum](#), as well as of [Vulamasango Schweiz](#). I have been an active practitioner of yoga and meditation for over 20 years and am a Certified Mindfulness Meditation Teacher (MMTCP), taught by Jack Kornfield and Tara Brach, accredited by the Greater Good Science Center at the University of California at Berkeley. Moreover, I have a Ph.D. in science from ETH Zurich and am alumna of Harvard Business School and the London School of Economics.

My favourite teachers in lovingkindness are my husband, my children (twins), my dog (first child) and my amazing friends.



**Constanze Lullies**

The centuries-old practices & wisdom of yoga & mindfulness, combined with insights from cutting edge scientific findings on health issues allow me to live from my heart and find more balance, peace and happiness in my life.

In my courses and coaching offers I draw on over 20 years of personal practice as well as on my professional trajectory as RYT® 500 certified yoga teacher, certified mindfulness teacher from the Mindfulness Meditation Teacher Certification Program (MMTCP), of the Greater Good Science Center with Jack Kornfield and Tara Brach, certified health coach from the Functional Medicine Coaching Academy, as well as on 20 years of experience in the international non-profit sector. I hold a Bachelor of Arts in Social Anthropology from the London School of Economics and a Master of Philosophy in Social Psychology from the University of Cambridge. I am founding board member of [Achtsame Schulen Schweiz](#), and active board member of [Breathe International](#). The most important sources of happiness are my twins, my husband, wonderful people around me and the ocean.

# The Venue: La Rosa Dei 4 Venti



The retreat takes place at marvelous **La Rosa Dei 4 Venti** in Puglia, an ancient 17th century Monastery and "Masseria" (farmhouse), located a short distance from Martina Franca, a town halfway between Adriatic and Ionic Sea.

The beautiful private retreat center includes:

- Manor house with a wide dining patio area
  - 6 double rooms and 4 single rooms
  - Large and bright Yoga Shala
  - Wide glass gazebo room overlooking the open garden
  - Private forest with a meditational path in the woods
  - Swimming pool and various quiet areas to relax and meditate
- Delicious food (brunch and dinner), alkaline vegan, vegetarian and gluten free

## Directions:

Main Airports/Stations:

Bari Airport (Karol Wojtyła) 1h30min from the Retreat Center.

Directions Link: <https://goo.gl/maps/kmy3odfqZ1H2>

Brindisi (Salento Airport) 55min from the Retreat Center.

Directions Link: <https://goo.gl/maps/nbGkbWoHh7m>

Fasano Train Station (there are direct night trains from Milan).

Ground transportation available 24h from/to any destination needed/  
required.

Please email to arrange your transfer at [info@larosadei4venti.org](mailto:info@larosadei4venti.org)



## Costs

The retreat center will be used exclusively by our group. There are 4 single and 5 double rooms. The price includes full board 7 nights, including accommodation, brunch, dinner, non-alcoholic beverages, wifi, as well as all yoga and mindfulness instructions. Excluding alcoholic beverages, massage and shuttle.

Single EUR 2'550  
Double EUR 1'750

To reserve your spot, 50% of the fee is due upon reservation, with the remaining amount due in January 2023.

## Conditions

This course is for beginners as well as experienced practitioners. If this is the first time for us to work together, we will have a 20minute introductory call prior to your registration so that you can ask questions and be sure this retreat is for you.

Confirmation of the booking is binding and completed with the transfer of the complete amount.

Contracting of a travel insurance is recommended but fully in the responsibility of the participants.



## Information and registry

Susanne: [s.vonderbecke@vdbinsights.com](mailto:s.vonderbecke@vdbinsights.com)

Constanze: [hello@mindfulhealthyliving.ch](mailto:hello@mindfulhealthyliving.ch)