



Amalfi Coast

Return to Focus Retreat

For

Transformational Business Minds

- Connect with tranquility
 - Clear the hectic mind
- Increase insight and strategic focus

By

prana potential





Overview

1. Retreat description
2. Benefits/ROI
3. Will your company cover the expenses?
4. Retreat facilitator
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6. Itinerary
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1. Retreat Description

Set in a tranquil farm house on the Amalfi coastline in Italy, the *Return to Focus* is a 5-day/4-night retreat designed for transformational business minds to get away from the hectic day-to-day business life, clear the mind and regain a sense of clarity and strategic business focus.

Prana Potential's unique *Feel Alive!* approach combines quiet Italian countryside, delicious cuisine, trail walks and guided "focus" sessions designed to deliver participants deeper insight and sense of purpose in strategic business direction.

Due to the retreat's disciplined nature, participants will be required to keep to the scheduled itinerary where necessary.



2. Benefits and ROI (Return on Investment)

- See more clearly into complex business issues
- Learn and practice techniques to quiet the mind and facilitate creative flow
- Learn, practice and re-affirm Emotional Intelligence (EQ)
- Generate fresh, new ideas and business solutions
- Identify, and harmonize with, global business trends
- Network with other transformational business minds

3. Will your organization cover the expenses?

In our hectic day-to-day lives, it is very hard to find the time to sit, find peace and tranquility of mind, and clear the chatter from our heads in order to focus on the bigger picture. This retreat allows deeper insight to come into sharper focus and sense of purpose in our business capacity to become clear.

These benefits clearly maximize your effectiveness, allowing you to provide your organization a far greater return on investment than the actual cost of the retreat. It is for these simple reasons that your organization would see the value in covering your expenses, and most likely agree to fund your retreat.



4. Retreat Facilitator

Matt Classen (Founder of Prana Potential) consults international organizations of all sizes about the art of transformational business thinking and will facilitate your retreat.

Originally from Oregon, U.S.A., Matt has an MBA and over 12 years of international business experience in strategy development and marketing for both large and small organizations. Fluent in the languages of English, German, Spanish, Matt currently lives and conducts Prana Potential's business operations in Oslo, Norway.

5. Retreat Location

This retreat's location is at a farmhouse called Agriturismo Sant Alfonso, which is located in the tiny village of Furore on the Amalfi coastline. For more details on the facilities, visit <http://www.agriturismosantalfonso.it>



6. Itinerary

Day 1:

- International flight originating in Munich, Germany departs at 14:40 and arrives in Naples at 16:15
- Private shuttle takes passengers from the airport to the farmhouse retreat location. Est. arrival time: 17:30
- Check in and relax until 18:30
- 18:30-19:30 meet on terrace for introductions, program information
- 19:30-23:00: Dinner, discussion, enjoyment
- 23:00-07:00: Rest and recovery time

Day 2:

- 07:00: Wake-up
- 07:30-08:30: Mind, deep-breathing and focus session outdoors on the farmhouse grounds
- 08:30-09:30: Breakfast
- 09:30-11:30: Group-think discussion focusing on the elements of transformational business thinking (terrace)
- 11:45-17:00: Optional group trek to the beachside town Positano on the "Walk of the Gods" trail. Along the way we will pause in different locations to quietly reflect on the stunning landscape as well as practice "presencing" techniques for clarity and focus. Lunch will be included when reaching Positano. Taxi transport back to farmhouse in the afternoon.
- 17:15-18:30: Rest
- 18:30-19:30: Meet on terrace for deep-breathing, mind focus session
- 19:30-23:00: Dinner and discussion reflecting the day's events, insights had, experiences felt and changes realized.

6. Itinerary (continued)

Day 3:

- 07:00: Wake-up
- 07:30-08:30: Mind, deep-breathing and focus session outdoors on the farmhouse grounds
- 08:30-09:30: Breakfast
- 09:30-11:30: Group-think discussion focusing on the elements of mindfulness awareness and deeper insight training (terrace)
- 11:45-14:00: Optional day trip to Ravello, a beautiful town high on the Amalfi coastal slopes. Most likely founded in the 4th century BC by the Romans, Ravello has plenty of classical architecture and fantastic gardens. Private time to walk and explore will be given, and participants are highly recommended to spend the time by themselves
- 14:00-15:30: Lunch, group-think and enjoyment
- 15:30-16:30: Explore Ravello further on your own, focusing on being present
- 16:30-17:15: Taxi transport back to farmhouse in the.
- 17:15-18:30: Rest
- 18:30-19:30: Meet on terrace for deep-breathing, mind focus session
- 19:30-23:00: Dinner and discussion reflecting the day's events, insights had, experiences felt and changes realized.



6. Itinerary (continued)

Day 4:

- 07:00: Wake-up
- 07:30-08:30: Mind, deep-breathing and focus session outdoors on the farmhouse grounds
- 08:30-09:30: Breakfast
- 09:30-11:30: Group-think discussion focusing on how one can create transformational social space where creativity flows, dynamism is the norm and authentic communication is embraced for maximum business productivity
- 11:45-13:00: Free time
- 13:00-14:30: Lunch, conversation
- 14:45-15:45: Guided deep-breathing, mind focus session
- 15:45-18:30: Free time
- 18:30-19:30: Meet on terrace for deep-breathing, mind focus session
- 19:30-23:00: Dinner and discussion reflecting the day's events, insights had, experiences felt and changes realized during the retreat

Day 5:

- 06:30: Depart for Naples airport for 09:45 flight back to Munich



7. Practical Details

Cost of *Return to Focus* retreat:

€1600,00 per person

Included:

- Roundtrip airfare (Munich to Naples)
- All ground transport
- All accommodation
- All food (breakfast, lunch, dinner)*
- All instruction and materials

* Alcohol not included



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