



Anti-Stress Workshop at the Old Manor of Quantum Care Center in Lellinge

Please contact us for further information regarding workshop dates

(The workshop may be extended by 3 days)

Steen Hansen, Director at the Social and Health Services Department in Elsinore:

"...It is a very rare experience to enjoy good food, excellent surroundings and professional counselling – all at the same time to create a meaningful whole."

Mads Thomsen, Chartered Accountant and Partner in the accountancy company Grant Thornton:

"Quantum Care Center has provided me with useful tools to help me manage stressful situations."

The Workshop may be extended by 3 days for those who are interested.

1st day:

| Time | Session | Instructor | Contents |
|---------------|--|--|---|
| 9.15 – 10.00 | Welcome and introduction | Jet Izabella Thurmann | Introduction of lecturers, participants and the QCC-paradigm |
| 10.00 - 10.10 | Break | | (changing of clothes) |
| 10.10 – 11.10 | Yoga | | Theory + yoga exercises |
| 11.10 - 11.25 | Break | | Fruit, cardamom coffee and vata tea |
| 11.25 – 12.25 | Lecture about meditation | Jet Izabella Thurmann | Deepak Chopra's Primordial Sound Meditation + breathing exercises |
| 12.30 – 14.00 | Lunch | Jet Izabella Thurmann / Marianne D. Jensen | Information on Ayurvedic food I |
| 14.00 – 15.00 | Hot tub | | Outdoor hot tub bath – heated by wood |
| 15.00 - 15.15 | Break | | Cardamom coffee, vata tea and cake |
| 15.15 – 16.45 | Work with your life values | Hege Chr. Knutsen | Tools for coping with stress |
| 16.45 – 18.15 | Team 1: Ayurvedic Panchakarma massage | Therapists | Individual sessions |
| 16.45 – 18.15 | Team 2: Stress coping – with NLP | Hege Chr. Knutsen | Working with mind, stress and inward communication |
| 18.15 - 18.25 | Break | | |
| 18.25 – 18.40 | Relaxation | Jet Izabella Thurmann / Hege Chr. Knutsen | Contact to your unconscious mind (right and left brain) |
| 18.40 - 19.15 | Break | | Drinks: Champagne |
| 19.15 - | Ayurvedic or French dinner wine, juice or water included | Jet Izabella Thurmann | Information on Ayurvedic and French cooking II |
| Around 20.30 | Music entertainment | | |

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Programme on 2nd day:

| Time | Session | Instructor | Contents |
|---------------|--|--------------------------|--|
| 8.45 – 9.30 | Yoga | | Yoga exercises |
| 9.30 – 9.40 | Break | | Changing of clothes |
| 9.40 – 10.00 | Meditation | Jet Izabella Thurmann | Guiding in meditation |
| 10.00 – 10.15 | Break | | Fruit, Cardamom coffee, vata tea |
| 10.15 – 12.15 | Lecture: “A new Mindset for Our Times” | Michael U. Ben-Eli | The 5 principles of sustainability of which the spiritual development of people is critical to a change of mindset. |
| 12.15 – 13.45 | Lunch | Jet Izabella Thurmann | Information on Ayurvedic food III |
| 13.45 – 14.45 | Hot tub | | Outdoor hot tub bath - heated by wood |
| 14.45 – 16.15 | Team 2: Ayurvedic Panchakarma Massage | Therapists | Individual session |
| 14.45 – 16.15 | Team 1: Stress coping – with NLP | Hege Chr. Knutsen | Working with the mind, stress and inward communication |
| 16.15 – 16.30 | Break | | Cardamom coffee, vata tea and cake |
| 16.30 – 17.30 | Lecture on AyurVeda – the science of life | Jet Izabella Thurmann | The theory behind AyurVeda and Ayurvedic pulse diagnosis |
| 17.30 – 17.40 | Break | | |
| 17.40 – 18.40 | Future implementation of tools Evaluation and closing of the workshop | Jet Izabella Thurmann | Mini schedule, reflexions, questionnaires – ”surprise” – information on future initiatives |

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Dinner for those who stay for the extended workshop.



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Workshop Team:

Jet Izabella Thurmann – Manager and owner of an international company for many years. Jet has studied AyurVeda with the well-known Professor Dr. Vasant Lad, New Mexico and she has been trained as a meditation and yoga teacher by Deepak Chopra in California. She is a qualified NLP Master Practitioner and psychotherapist specialized in trance and hypnosis.

Marianne D. Jensen – Examined bachelor in nutrition specialized in health communication. Employed as a cook and adviser at Quantum Care Center.

Hege Chr. Knutsen – has a degree in Political science. Furthermore, she is a NLP Master Practitioner and Coach and organizes workshops and works as a teacher in education within NLP and coaching.

Michael U. Ben- Eli, Ph.D., CyberTec Consulting Group, New York. - Has for the last 30 years worked in the field of global environmental policy and sustainable development. He has worked for U.N., World Bank, U.S., Canadian, Russian, Brazilian, Austrian and German governmental institutions and organizations. See Biography and Sustainability Report enclosed.

Fee: 6,500.00 DKK equal to 1,154.86 USD (rate of exchange on 1st June 2007) per day inclusive of treatment and meals. Please pay into our account no. 5190 1532120 with Amagerbanken within the below enrolment term and at the rate of exchange on the date of payment.

Please send your enrolment no later than one month before the course by mail to jet@quantumcarecenter.com.

The programme is subject to change.

The workshop may be extended to 5 days with the following choices:

You may choose a one day workshop with John Turner, who works as a theatre manager in London. He will teach you body consciousness and body language. John Turner teaches actors in these techniques and is a very exciting and spiritual teacher (see biography enclosed).

You will also get an opportunity to meet Lena Bjørn, who will teach you storytelling in organisations. Lena Bjørn is an actor from The Dacapo Theatre in Denmark. She is trained in storytelling in England and South Africa. Today she teaches storytelling in several public and private sectors (see biography enclosed).

Furthermore, we offer a personal consultation in Ayurvedic pulse diagnosis. AyurVeda is a key to identify the balance and imbalance in the body, i.e. the balance in which we are born and the imbalance most of us probably have today. It is possible to measure imbalance by means of an Ayurvedic pulse diagnosis and subsequently the Ayurvedic consultant will advice you about diet, herbs, possible change of life style, etc. All this in order to return to the balance, which you had at birth and to bring you back to a more harmonious state of body, mind and soul.

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You can learn Deepak Chopra's Primordial Sound Meditation and receive your personal mantra, relax in this wonderful manor house and take walks in the beautiful nature; you can have yoga, hot tub bath, Ayurvedic Panchakarma massage, and Ayurvedic food like the other days.

We make various kinds of massage therapy, for instance Ayurvedic massage and stress relieving massage. Furthermore, you will be offered the possibility to have a deeper treatment with Panchakarma massage over several days.

You may also choose some arrangements in Copenhagen, for example:

- Conducted tour in the newly built Opera house in Copenhagen
- Opera/ballet/concert
- Visit to Copenhagen (inclusive of dinner)
- Visit to the Viking Ship Museum in Roskilde
- Visit to Amalienborg castle – the residence of the Danish Queen Margrethe
- Visit to Rosenborg castle

<http://www.visitdenmark.dk/siteforside.htm>



You have to be to share - Yet, you have to share to be.

Univers = One vers

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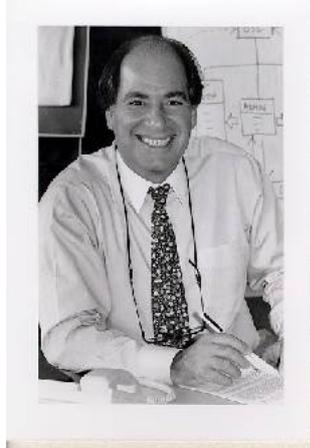
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Biography for Michael U. Ben-Eli



Michael Ben-Eli is an international consultant on management and organization. His work has focused on strategy development, organizational design, sustainability, and change management. He graduated from the Architectural Association in London, received his Ph.D. from the Institute of Cybernetics at Brunel University, and was a close associate of R. Buckminster Fuller, with whom he collaborated on a number of projects involving research on advanced structural systems and exploration of issues related to the management of technology and world resources for a sustainable future.

Dr. Ben-Eli pioneered applications of Systems Thinking and Cybernetics in management and organization. Over the years he worked on synthesizing strategy issues in many parts of the world and in various institutional settings, ranging from small high technology firms to multinational enterprises, manufacturing companies, financial institutions, health care organizations, government agencies, NGOs, and international multilateral organizations.

In recent years, he has been working primarily on issues related to sustainability and sustainable development. With a strong commitment to Fuller's legacy, Michael refocused his mission to help inspire leaders in business, government, community, and youth accelerate a peaceful, world embracing transition to a sustainable future. He is founder of *Sustainability Initiatives*, a network of activities established recently in order to facilitate transition to sustainability practices, in both the public and private sectors.

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Sustainability Report by Michael U. Ben-Eli

The Five Core Sustainability Principles

A New Framework

Transforming the world's economy to a sustainable basis presents the most significant challenge to the 21st century. This challenge is unprecedented in scope. It requires a fundamental shift in consciousness as well as in action. It calls for a fresh vision, a new dream and new approaches for shaping an evolving new reality.

If we are serious about ensuring a sustainable future, we need to be guided by a set of rigorous principles which underlie sustainability as an enduring state. The set of principle offered in this presentation was developed for this purpose. It was refined recently after a six weeks, on-line dialogue conducted on the Buckminster Fuller Institute website (www.bfi.org), in which near 1,000 people participated from around the world.

The principles are articulated in a general fashion but can receive a specific operational meaning in relation to particular sectors of the economy, development issues, business strategies, investment guidelines, or initiatives taken by individuals. They are expressed in relation to five fundamental domains:

- ***The Material Domain:*** Constitutes the basis for regulating the flow of materials and energy that underlie existence.
- ***The Economic Domain:*** Provides a guiding framework for husbanding and managing wealth.
- ***The Domain of Life:*** Provides the basis for appropriate behavior in the biosphere.
- ***The Social Domain:*** Provides the basis for social interactions.
- ***The Spiritual Domain:*** Identifies the necessary attitudinal orientation and provides the basis for a universal code of ethics.

The result is a set of five core principles, each with its own derived policy and operational implications. The set is fundamentally systemic in nature, meaning, that each principle affects all the others and is affected by each in return.

Recent presentation and seminar about sustainability and the sustainability principles were conducted by Dr. Ben-Eli in the following locations:

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- *The World Bank. Washington, DC.*
- *SustainAbility. London, England.*
- *The Global Environment Facility. Washington, DC.*
- *Key Stone Center, Colorado. (At San Jose, Costa Rica).*
- *World Bank Institute. Washington, D.C.*
- *MIT, Leadership Forum. Cambridge, Massachusetts.*
- *The Boeing Leadership Forum. St. Louis, Mo.*
- *Center for Sustainable Human Development. San Jose, Costa Rica.*
- *The Green Building Society. Houston, TX.*
- *The Central European University. Budapest, Hungary.*
- *The Center for Environmental Economics, St. Gallen University. St. Gallen, Switzerland.*
- *Preus-Kune. Miami, FLA.*
- *The Omega Institute at The Crossing. Austin, TX.*
- *The New School University. New York, NY.*
- *Nuclear Waste Management Organization. Toronto, Canada.*
- *University College London. London, England.*
- *EUROMED Marseille, School of Management. Marseille, France.*
- *University of Geneva, MBA program. Geneva, Switzerland.*
- *Inter-American University. San Juan, Puerto Rico.*
- *The Human Forum, Alliance for the New Humanity. San Juan, Puerto Rico.*
- *Mythic Journeys 06, Atlanta, Ga*
- *The World Wisdom Alliance, Club of Budapest. Toronto, Canada*

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Biography for John Turner

JOHN TURNER PERCEPTIONS

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The real voyage of discovery consists not in seeing new landscapes but in having new eyes.

MARCEL PROUST

John Turner is an experienced lecturer, international speaker and author on the roots and development of world theatre and its application into the personal development of modern performers, artists and people in all walks of life.

Trained as a theatre director (Drama Centre, London), in world theatre studies (Rose Bruford / Template Foundation) and with over 25 years teaching experience in esoteric, sacred and personal development theatre, John is a leading expert in world theatre and has developed a Higher Education Diploma course in Theatre as well as developing new concepts in theatre education at post-16 and adult levels of education. John was the founder and principal lecturer at the Mosaic Academy of Theatre, a part-time theatre school offering further education, corporate and community programmes in the theatre arts. His book "*The Tear - Insights into World Theatre*", was published in 2002 and he is currently completing his second book entitled "*The Human Performer – the undiscovered self*".

John was a co-founder of a new health-through-movement programme, now used in theatre and dance training across the world known as Electrobics. This involved undertaking a three-year research into physiology and the effects of movement in conditioning, regulating and improving the body's health. This movement programme was launched at the Pineapple Studios, London, in 1985 and programmes are now being run internationally throughout fifteen countries.

John has been providing high quality lectures, training programmes and workshops in theatre, presentation skills, body language and other related areas over the last twenty-five years throughout Germany, Holland, USA, Canada, Greece, Israel, Denmark, Ireland and the UK. His approach to the work is motivated by a profound and continuous pursuit of human genius in all its various aspects. He passionately believes that we are much more capable than we think and that we must all reach for the latent potential within us. His programmes are journeys and explorations into human art, expression and personal theatre and are suitable for people of all ages and backgrounds.

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WORKSHOP: IMPRESSION MANAGEMENT THROUGH PERSONAL THEATRE & BODY LANGUAGE

DESCRIPTION: This workshop explores how to use and understand posture, movement, gestures, speeds and distances in communication and in understanding others. It draws on training methods used in world theatre, such as Japanese Noh and South East Asian theatre, offering a range of techniques to reveal and improve posture, gestures, entrances and exits, the voice and projection and the development of presence. It will help a person gain confidence and be more effective in their personal presentation and how they project themselves to clients and others.

OUTCOMES:

- Confidence in communicating with others
- Versatility and greater understanding of others
- Improved personal image and stature
- A broader understanding of human behaviour
- A more inclusive attitude and outlook

Testimonials

I have looked for this for years. For all my experience with dance and theatre, this workshop has given me access to the one-third I have not been able to reach.

Cornelia Zinckmann

National Centre for Contemporary Dance, Copenhagen

These workshops are like a different world where the everyday world can be forgotten and I can learn and have fun with a group of like-minded people.

Aliceson Pollard

HR Director

John deftly addresses our questions not so much with an answer but with a way for each person to arrive at their own perceptions of the beauty of the living theatre of life.

Kevin Kielty

Project Director, North American Template

John's experience as a director and lecturer in theatre allows him to distil insights that are original, especially in the role that theatre may play as a medium of education, personal development and liberation.

Sander Funneman

Director, Gemrod Stichting, Leiden, Netherlands

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Biography for Lena Bjørn



Lena Bjørn is trained from the Department of Dramaturgy at the University of Aarhus and for more than 20 years she has been a professional actress, director and dramatist.

Over the years she has worked with theatre for both children and adults.

In 1995 Lena Bjørn started the Dacapo Theatre with Lone Thellesen, who has formerly worked in the business world. The idea of the Dacapo Theatre is to use theatre as a communication tool to create better understanding in big organizations through a living dialogue.

Today Lena Bjørn is manager of Dacapo Storytelling. She believes that stories are linking everyday life and organization's objectives, values and visions together. Today it is a crucial element of the leadership role to be able to tell a story. The story about what the company – the department – the team is supposed to and will do.

Storytelling is a special form of communication, which touches feelings as well as the intellect, thus creating presence and commitment. If you can tell a story about the vision and the mission, it will be remembered long after the PowerPoint presentations and the facts are forgotten.

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