



Workshop & Master Class, with Edouard Stacke & Mark Manners

April 15 & 16, 2016

London

Raising your confidence, your mindfulness and vitality

In three stages:

- Gain in consciousness, live better and more efficiently through mastering your conscious breathing with the *Vital'Respir*TM method
- Increase your impact, overcome anxiety in public engagements; gain confidence and inner strength in presentations and speeches; integrate professional and social groups better; improve empathic skills
- Move forward: increase your drive; sharpen decision processes; ensure better professional and life planning and execution

Join the first *Vital'Respir*TM seminar in London and:

Discover the powerful method, *Vital'Respir*TM, consisting of modern scientific techniques and ancient Asian meditation, raising mindfulness, improving conscious breathing, relaxation, focusing and expression, to move towards greater mind/body control and drive.

What is the *Vital'Respir*TM breathing process?

Oxygen is the great bearer of life. Breathing it, all the time, is among the most basic and vital of all our bodily functions. And yet most of us do not do it well, considerably underutilising its potential. Many of us therefore live in a permanent state of hypoxia, only getting by with the minimum of the vital gas. Better breathing techniques bring more of it into our system, which then burns more calories, bringing us greater energy, both physical and mental. It impacts your mental state, emotional intelligence and vitality.

In our quietest moments, most of us realise there is only one person or thing we can control in this life, the person we know best: ourselves. So how can we achieve moment-to-moment control in a relaxed energetic way and take our lives where we want them to go in small steady steps? By moving towards fuller consciousness of our inner states, we influence our behaviour and its consequences on our environment. By being more mindful.

We would therefore like to invite you to come and discover the benefits and best practices of our *Vital'Respir* method and how you can apply it to improve your professional and personal life.

We will show you how to access its mental and physical benefits and its effects on your health and mental well-being, how to better manage your attitudes, emotions and behaviour, as well as how to use your body better in daily life (effort and rest), and in various physical activities (sport, dance, theatre, singing, etc).

PROGRAMME:

Day 1 (4.00 to 8.00 pm)

1 - **Increase your awareness, explore your potentials:** Discover how you breathe: the three zones (upper chest, lower chest, belly), the power of the diaphragm. Improvements and practice (where, how fast, how deep).

2 - **Cultivate your still point** (calm and serenity); understand and reduce your personal and professional sources of stress; discover the benefits of mindful meditation techniques, of stepping back and using the helicopter view.

Day 2 (9.30 am to 5.00 pm)

3 - **Ride the tiger:** Use the full energy of your nervous and endocrine systems, access your personal power, channel it clearly, consciously and efficiently

4 - **Radiate your personality:** Gain in charisma; surf on the flow of feelings; influence your public better and improve your impact; overcome anxiety better to be more at ease with public speaking; improve non-verbal first impressions and connect deeper with the people you need to.

5 - **Conclusion:** How do you want to apply this to your professional and personal life?

WHO IS THIS FOR?

Operational and functional management; team leaders and project managers; senior professionals; those needing to improve leadership skills; general public wishing to improve socially.

WHAT WILL YOU LEARN?

- Better breathing; explore how it combats stress, for example: on stage
- Improve and deepen professional and personal relationships
- Improve non-verbal expression (attitudes and energy; voice and body)
- Gain in nuanced expression, assertion, conviction and impact

DETAILS:

Where: Central London, to be specified on registration - **Dates:** April 15 (4 to 8pm) and 16 (9.30 am to 5.30pm)

Price: £240 or 300€ (Saturday lunch included)

Coordination: mmanners@gmail.com - 07463 276777

Register at: edouard.stacke@100ways.net - +33(0)6 80 42 11 49 - www.respirologie-france.com



Edouard Stacke: International management consultant, coach and health professional. He is a qualified physiotherapist, psychologist, osteopath, and acupuncturist. He has trained thousands of his colleagues in body-mind therapies; has taught numerous managers how to bring out their best practices; held posts at Montreal and Paris Sorbonne V Universities; founded the Vital'Respir™ Method; authored the books "Coaching for High-performance Teams and Successful Companies"; "Virtuous Breathing" and "The Freedom to be Oneself", available soon in English. He ran the first Interprofessional Congress of Respirology in Paris in 2015.



Mark Manners: International trainer and consultant in interpersonal and intercultural communications; teaches management and show-business professionals in greater mindfulness and overcoming anxiety for various public appearances; has taught at Paris Universities Sorbonne III and Sorbonne V; designs, writes and builds serious games for French corporations; trains trainers; organises successful intercultural congresses in France. He lives and works in Hastings UK and Paris France.