



Concentration: The key to inner resilience

A two-part workshop (WS) to strengthen inner awareness and resilience.

Dates for the first WS:

Fri, Feb 28 (6 pm – 8.30 pm) and Sat, Mar 8, 2025 (10 am- 1 pm)

Dates for the second WS:

Fri, Mar 28 (6 pm – 8.30 pm) and Sat, Apr 5, 2025 (10 am- 1 pm)

During these fast-paced times, the challenges are constantly growing – to the point of feeling overwhelmed. But how can we counter this?

The root of stressful situations often lies in our mind: Shaped by experiences, ideas, and desires, it easily gets out of balance. Feeling overwhelmed often arises when we are triggered by own patterns.

The sustainable approach: **promoting concentration.**

Concentration means being present and focused in such a way that we are not overwhelmed by distractions. It is the bridge to inner peace, clarity, and resilience. A focused mind releases energy, helps to have improved relationships, promotes inner balance, and allows you to truly be in the present.

What can you expect from this workshop / course?

- Deeper understanding of how concentration and resilience are related.
- Practical approaches to strengthen concentration.
- Tools for everyday life to deal with challenges in a more relaxed way.

Be there and discover how you can reduce stress and strengthen your inner resilience with specific concentration. The workshop offers a practical approach and techniques that may be applied immediately.

Cost per WS: CHF 220.--.

For **questions and registration or the possibility for a WS to be held in English**, please contact me on mobile:

079 226 46 41 (Whatsapp, Tel) or by e-mail: inbox@clearview.ch.

Note: No previous knowledge is necessary. Insurance is the responsibility of the participant. If you are unable to attend, a substitute person can be sent. There is no claim for reimbursement.



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Author of

- By the Grace of Shakti – A Journey into the Inner Self
 - Yoga - Eine alte Wissenschaft neu erklärt: Teile 1 & 2
- Biography: see www.clearview.ch/bio

By the way: An individual introduction to the philosophy of yoga is popular; this is based on value-free conversations.