

SEMINAR FOCUS-REALIGN 2021 / 11.7. – 13.7. 21
NEW: Complementary with wine & gin tasting



TIME OUT. TIME FOR YOU. TIME FOR LIFEBALANCE.
Seminar with Stefan Labas & Schoscho Rufener

„I can highly recommend this seminar, especially for managers of all professions who have to meet great demands and therefore often have too little time and energy to take care of their own physical and mental health.“
Dr. med. Danja Kleinstück-Isler / Doctor with own practice

„Reach your goals by a deeper understanding of your own motivation. Well-balanced timing between mental and physical exercise. I truly recommend the seminar for both corporate leaders and entrepreneurs who would like to achieve the next level“.

Ase Karin Elvebakk / Cofounder Natural Nuance

As a successful manager, leader or entrepreneur you are exceptionally good at your job. You love what you do every day in order to be successful in your complex function and everything that goes with it. To achieve your financial goals. To satisfy your superiors, partners, employees and customers at all times and to always be there for them to make and keep them happy and satisfied. The challenge & the problem: No TIME, no FOCUS or ENERGY left for yourself and important topics in your life, like:

- Your resilience.
- Your health.
- Your fitness.
- Your family
- Your kids
- Your hobbies and everything that brings you fun and joy except your job.

This seminar with Schoscho Rufener & Stefan Labas offers you the opportunity:

1. to make an alignment in 2021.
2. in a setting among like-minded people. Small group.
 - Where do I stand and where do I want to go.
 - Becoming aware means to see clearly, to know & feel what I want and what I don't want. This in turn releases incredible forces.
 - Profit from each other and the exchange of experiences.

In this seminar you will, clearly define your goals and set a plan for 2021.

The seminar includes 2 modules:

- **STRONG & FOCUSED**
- **FLEXIBLE & CENTERED**

The special feature of this seminar is the combination of physical exercises and self-reflection from them, with the goal of meeting the everyday challenges of life, calm, strong and fit.

On the one hand, this seminar combines and teaches techniques from Western and Far Eastern methods such as Martial Arts, Qi Gong, Yoga and Meditation. On the other hand, we will take time to reflect, set goals and create a plan to implement for the futur

What are the topics you would like to address in 2021?

- **You want to be more resilient.**
- **You want to re-optimize your business.**
- **You want to change something in your position as a leader.**
- **You want to change something in your life.**
- **You want to change something in your fitness & health.**
- **You want to change something about your figure.**

Every change you make, big or small, needs a conscious decision. Every conscious decision needs, calmness, time, an overview, absolute clarity and determination. We will provide you with this framework during this seminar in the wonderful Maiensäß Hotel Guarda Val in Lenzerheide.

REGISTER NOW. There are only a few spots available.

Further information and registration for the seminar FOKUS-REALIGNE 2021 and the Hotel Guarda Val under:

Registration:

Stefan Labas. [labas fitnesscoaching.](mailto:labas@labascoaching.com)

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Information:

Price Seminar CHF 1850.-

2 days seminar with Stefan Labas & Schoscho Rufener

Sunday 11.7.21. Start 18.00. End, Tuesday 13.7. at 16.30

Price Hotel CHF 638.-

2 nights in a single room incl. breakfast buffet at the Maiensäß Hotel Guarda Val.

Price conference package CHF 380.-

Conference package of snack & lunch as well as dinner from Sunday to Tuesday. Excl. drinks.

References from this Seminar

Dr. med. Danja Kleinstück-Isler

Doctor with own practice

The 3-day seminar with Stefan Labas and Schoscho Rufener appealed to me very much in terms of its concept.

My expectations of this seminar were even exceeded. In just three days, I was able to completely shut down and, through a combination of physical exercises (martial arts, yoga, qigong & breathing exercises) as well as mental methods, change my focus in various areas of life and thereby gain more life energy. Stefan Labas and Schoscho Rufener each brought different methods and tools in a harmonious collaboration.

As a manager I was able to take away new concepts for my work, which allow me to optimize my work processes. Also for my private life and improvement of mental and physical health I received tools which I actively use and which have already brought about many positive changes. Thank you Stefan and Schoscho! Based on my experience, I can highly recommend this seminar, especially for managers of all professions who have to meet great demands and therefore often have too little time and energy to take care of their own physical and mental health. This seminar has given me the tools to be more relaxed, centered and thus more focused in my hectic daily practice and thus gain more time for myself and my family.

Ase Karin Elvebakk

Cofounder Natural Nuance

Recently I attended the three day Fokus 2021 goal setting seminar with Stefan Labas and Schoscho Rufener. The seminar was held in the splendid and welcoming hotel Guarda Val resort which is truly worth a visit. During this training Stefan combines very pointed goal setting exercises with physical power exercise and mental concentration practises such as Qi Gong, Yoga, Meditation and Martial Art. He shows the difference between focus and concentration and how you can use both to reach your goals by a deeper understanding of your own motivation. I especially liked the well-balanced timing between mental and physical exercise and the variety of practises taught. Also Stefan is someone who will make everyone in the room feel at ease and relax.

I truly recommend Stefan's seminar for both corporate leaders and entrepreneurs who would like to achieve the next level. The three days spent in the Guarda Val resort is time spent very wisely and will bring long-term effects not only for your well-being but it also gives you a set of mental tools you can use to stimulate positive results in your work and daily life.

Seminar Lead:



Stefan Labas

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Schoscho Rufener

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The seminar will be held at the Maiensäß Hotel Guarda Val in Lenzerheide.

www.guardaval.ch

<https://www.facebook.com/HotelGuardaVal>