



“Balanced Life Boot Camp” at The Wellness Spa, The 5* Heritage Golf & Spa Resort.

We wish to give you the best tools to help you make a few small changes to you (your life) which will benefit your health, your mind, your family and your business career.

To achieve a **Relaxed, Agile & Resilient You**, both physical and mentally, we have teamed up with Valerie Pierce “a modern day philosopher” and author of international best seller “Quick Thinking on your Feet” And Yoga Master Paul Whelan to tailor a “Balanced Life Boot Camp” that give you a future you deserve.

Your Balanced Life Boot Camp includes:

Two nights and three days invested in you.

The package includes single accommodation for two nights in our deluxe guestrooms with Breakfast each morning, midday Lunch and Dinner each night, followed by a movie. Fruit & herbal teas are also available throughout your stay. For your relaxation you will experience a 1hr massage with all the Wellness benefits and a Oxy Vital Facial Mask to heal & hydrate your skin. For your mental and physical stimulation we offer you an interactive workshop with Valerie Pierce on how to “Think Smart for Peak Performance” as well as Yoga Classes and Meditation Walks throughout your stay. Fitness assessment and a Home Fitness Program for you to take away, a gift that we hope will encourage you to practice what you have taken on board during your stay with us.

The cost of this 3 day & 2 night package is €479.

The end result for You

A Healthy Body & Clear Mind

Course Dates; April 15th to 17th, 2012 inclusive.

The Course (R And R) Relaxation, Agility & Resilience

Relaxation

Sunday

- 15:00 Check into the hotel
- 15:30 Robe up & head to The Heritage Spa Experience, (our extensive thermal suite) for a couple of hours of pure relaxation.
- 17:30 Back to your room and enjoy some more me time before you get ready for dinner
- 18:30 Pre Dinner drink in The Slieve Bloom (optional)
- 19:00 Dinner in Sol Orien's Italian Restaurant & Steakhouse
- 21:00 Back to the Hotel for a Movie

Agility and Stimulation, both Mental & Physical

Monday

- 07:00 Meet in the Hotel Foyer
- 07:05 40 Minute pre Breakfast Walk around our 5Km Walking Track (optional)
- 08:30 Breakfast served in The Arlington Room
- 09:30 Class with Valerie Pierce on "Think Smart for Peak Performance"
- 12:30 Lunch in The Slieve Bloom Bar
- 14:00 Fitness Assessment, Massage Treatment & some free Leisure time
- 17:00 Yoga with our Yoga Master Paul Whelan How to "Breath"
- 18:30 Back to your guest room & get ready for dinner
- 19:30 Dinner in The Arlington Room located in The Hotel
- 21:30 Movie, Bed or Nightcap!

Resilience

Tuesday

- 07:00 Meet in the Hotel Foyer
- 07:05 Pre Breakfast Yoga
- 08:30 Breakfast served in The Arlington Room
- 10:00 Home Fitness Program, The Heritage Spa Experience and a Oxy Vital Facial
- 12:30 Lunch in The Slieve Bloom Bar
- 14:00 Check out & head home with the tools to help you work, play and cope with everyday challenges.

The end result for You

A Healthy Body & Clear Mind

Valerie Pierce Bio & Course Aims

Valerie Pierce is described by the Irish Times as a “modern philosopher in the market place” and is author of the international best seller “Quick Thinking on Your Feet”.

Valerie began her career as a training consultant in 1990 whilst carrying out postgraduate research in philosophy at Bristol University. Clear Thinking based courses are different from other “Skills Development” and “Personal Training Courses” They do not attempt to motivate behavior. Better work practices are brought about through better thinking.

Think Smart for Peak Performance

The Monday Morning Class will be run by Valerie. It is part of the workshop that she delivers on the International Leadership Programme (ALP) at Ashridge Business School (www.ashridge.org.uk) Top 2 Business School for Custom Executive Education in the UK (Ref: Financial Times)

In this interactive workshop you will learn the tips of Peak Performance: How to

- Separate Passion from Emotion to gain clear focus
- Ask the right questions to find the best answers
- Use the DNA thinking technique to change your Negative thinking into Positive Action
- Use Cool Logic in Hot Situations to get what you want
- Learn to deal with the ten tricks of manipulation in meetings and discussions:
(Using the acronym W.H.A.T.)
W: What they are
H: How they happen
A: Actions you take
T: True success stories
- Communicate your ideas in a way that makes sense to others.

“Knowing how to think properly is an obvious and essential skill if you want to stay one step ahead of the pack. The mystery is that so few people invest in their thinking skills. Most of us assume that we do - until, that is, we meet someone like Valerie Pierce, creator of the Clear & Critical Thinking Programme. An afternoon with Pierce will leave you feeling that you have woken out of a coma.”

Tina-Marie O’Neill, Journalist, Sunday Business Post

Paul Whelan Bio

Our Yoga Master Mr. Paul Whelan has had an interest in Yoga for over 30 years and he is also trained in various Martial Arts; TaeKwon-Do, Aikido, Wado Ryu and Tai Chi. Paul is trained in Iyengar & Ashtanga Yoga and is also a teacher of Pranayama and Vedic Chant. More recently qualified as a teacher of WU style Tai Chi he has studied TM & Vipassana Meditation since the mid 80's and also has a background in Tibetan Buddhism and Meditation (since 1985). Paul has had the great fortune to have studied with many Tibetan Lamas and Indian Yogis over the years and continues to travel to India to maintain his links with numerous schools and teacher there.

Physical Agility includes a combination of Yoga, Meditation, Relaxation & Spa Treatments.

Some of the wellbeing benefits of Yoga, there are many more:

- Relieve Stress and aids Relaxation
- Settles the Emotion
- Reduces levels of Anxiety
- Improves connection to Inner Self
- Enhances Attentiveness
- Enhances capacity for Calm Thinking and Creativity

Wellbeing massage & facial benefits:

- Help the flow of Blood and Lymph to Eliminate Toxins
- Helps relieve Muscle Tension and Stiffness
- Provides greater Joint Flexibility and Range of Motion, reducing Pain and Swelling
- Reduces Blood Pressure
- Strengthens the Immune System
- Firms the Skin & Improve Posture
- Eliminates the Waste Products of Nutrition and Fatigue

** Research shows that the benefits of massage therapy at all stages of life, from newborns to senior citizens are enormous. Studies from the "Research Touch Institute" has shown that touch therapy has many positive effects on different levels. The Skin is the body's largest organ and a direct reflection of internal wellbeing.

For further details please contact Grainne O'Malley, Sales & Marketing Manager on email:
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