

INFO BROCHURE

KEITH MITCHELL

DAY SEMINAR

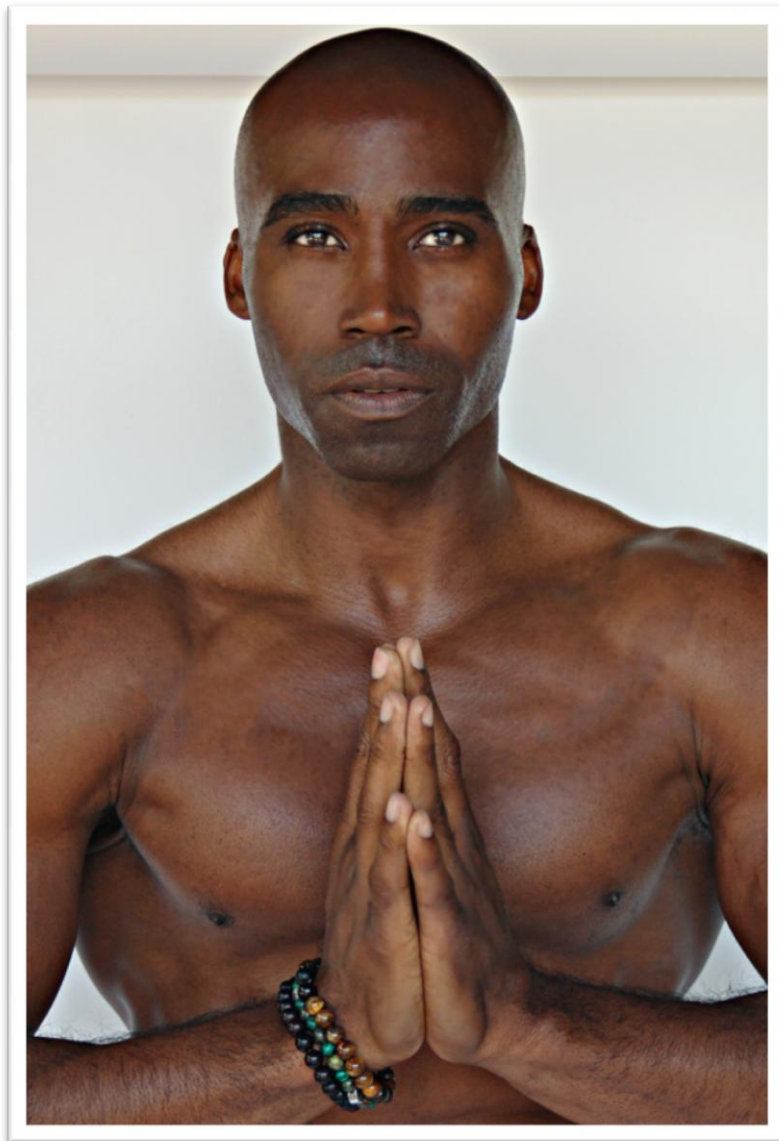
EVENING SEMINAR

YOGACLASS

Embrace

Your Greatness Potential!

KEITH MICHELL



22 Mai Rotterdam, Netherlands

Unleash & Embrace Your unlimited Greatness Potential!

Ready to tap into your greatness? This one whole day training program was designed just for you. Featuring the most sexy and renowned celebrity yoga teacher, Keith Mitchell. The day training of Keith Mitchell will bring you inspiration, courage, and a deeper understanding of yourself, so you can master your inner power and unleash your unlimited greatness!

About the teacher and motivational speaker Keith Mitchell

Former NFL American football linebacker Keith Mitchell, who played for the New Orleans Saints, the Houston Texans and the Jacksonville Jaguars between 1997 and 2003. Now a celebrity yogi, motivational speaker and philosopher Keith found his purpose through yoga after his football career was disrupted by an injury, which forced him to retire prematurely. Now he travels the world sharing his life story and passion for sharing the practice of yoga and meditation to the World. He wants to teach the secrets of yoga and meditation to transform the world of athletes, students, entertainers & (business) leaders. Recently Keith is chosen as the most sexy yogi of America!

Yoga, meditation & mindfulness help build a relationship with the Self," Mitchell says. "They help us listen to ourselves and unlock the intelligence of the body." Keith Mitchell

SELF TRANSFORMATION OF KEITH MITCHELL

Keith Mitchell is a former NFL All-Pro linebacker for the New Orleans Saints, Houston Texans, and Jacksonville Jaguars whose career came to an abrupt end with a tragic tackle that left him paralyzed him from the neck down.

The inability to use his physical body put Mitchell on his spiritual path and new life purpose.

During the recovery process, Keith became a master of conscious breath, mindfulness and developed a new relationship to Self. After regaining functionality, he used Yoga to rebuild his body and integrate a new level of consciousness. Keith's compelling story of healing trauma through holistic practices has captured the attention of a global media audience including Dr. Oz, MSNBC and CNN. He intends to create change on a legislative level through his Congressional Yoga Association. His care plan, developed in partnership with the University of Rochester, help veterans heal Post Traumatic Stress Disorder and trauma through holistic practices. He created the Light It Up Foundation as a vehicle for educating a national community on health, nutrition and emotional well-being. More than 10k people participated in the organization's most recent event in Los Angeles.

This life-altering event introduced Mitchell to his greater purpose to re-educate our approach to health, nutrition, physical and emotional well-being.

Thanks in part to overwhelming national media attention as well as the support of a few select influential individuals and organizations, Mitchell is making huge strides in changing the way we approach health and healing.

MEDITATION & MINDFULNESS ACCORDING TO KEITH MITCHELL

Trough mediation & mindfulness, you discover the book of self, and diving deep into where you have to and discovering where you want to be.

Educational institutions and corporate world *have a role to play in creating self-aware leaders, not just technically competent managers*. That means looking for ways to better manage the Self instead only focusing on managing business. Meditation & mindfulness will taught ways to better manage yourself. Meditation creates space — space in one's mind to think. A few minutes in the morning and again in the evening is all that is necessary to help centre yourself and to help you focus. It helps to put stress and demands in a container, dealing with them slowly and focusing on the important decisions, both in business, relationship, life. It will teach better ways of showing up as manager or leader.

"Meditation as being in the zone, where there is no good or bad; it just is. To live life in the zone is when everything feels like you got the playbook right. Your meditation is your playbook. Stillness nurtures the soul. The world is going to hit you with all kind of things, so if you're not in that so-called zone then you're going to have a more reactive personality. You're going to have more of the fight or flight mechanism, instead of a state of calm" Keith Mitchell

Excess stress is a leading cause of heart and brain disease. That's one reason meditation is catching on along Wall Street and international smart business environments.

Meditation....mindfulness or the so called "shutting up and sitting still" business. Steve Jobs did it. Salesforce CEO Marc Benioff and LinkedIn CEO Jeff Weiner do it. They and other top leaders meditate, and they attribute no big part of their professional success to it. We all need time to unplug and refocus and lead an healthy and happy life.

Do you have the patience to wait till your mud settles and the water is clear? Can you remain unmoving till the right action arises by itself? We're constantly semi-connected and cyber-connected, but we're never fully present—either to ourselves or to other people. Meditation & mindfulness helps to reverse this. We all need time to unplug and refocus and lead an healthy and happy life. The benefits should be considered by any smart leader or manager.

The practice of Mindfulness and Meditation in the corporate world will create s more efficient environment of trust, unity and a togetherness that will allow the creative forces to be more expansive. When we create a feeling of an invested interest in our working environment our workers the potential for what's possible can be extraordinary.

Meditation & Mindfulness can build an environment for creativity and Aha! moments.It takes some discipline, however. Constantly looking at your smartphone isn't going to allow many Aha! moments. When you're not working hard or meditating, you need to give your thoughts some time to percolate before great flashes of insight come.

There's a paradox of creativity. Just as you can't catch a tennis ball if you tense up your hand too much, you can't have a great idea if you're spraining your grey matter while trying to force it. A practice of meditation helps considerably here.

That's why sitting still and listening to your own thoughts for a few minutes a day may be the best business move you can make!

More about Keith Mitchell

Keith Mitchell believes we all wear masks to hide what is hidden within us—our wounds and our strengths—and that the practice of yoga and meditation can help us discover who we really are and what we really want to do in the world. A former linebacker in the NFL, Mitchell used yoga to clear a path back to his own health, self, and liberation after a paralyzing football injury forced him to quit the game. He writes, “

I realize the commonality to choose a role not because its originally our choice, but the influence from the people around us!

Now he travels the world, facilitating transformation in all people—men, women, yogis, athletes, and multi-cultural fans beyond the confines of traditional yoga studios, including his work with at-risk youth, wounded veterans, and injured athletes. In this workshop, he leads daily yoga (a mix of yin, tantric, and vinyasa for people at all levels), meditation, guided visualization, writing, and sharing, all in service of helping us shift out of old identities and into a life of freedom. "Practice becomes habits," he says, "and habits become lifestyle."

Keith Mitchell was a all pro linebacker in the NFL for teams including the New Orleans Saints, and was named to the Pro Bowl. After a paralyzing injury, he found the practices of yoga and meditation opened his mind, body, and soul to a new life. He is a Master Certified Yoga Instructor with more than 10 years of teaching experience. He shared the stage with the most influential teachers and leaders and is constant improving himself to give the he can trough his events and trainings. He is also a lifecoach trough yoga, meditation and his teachings for several celebrities, businesspeople and sport athletes !

His dream:

"My desire is to show people that they always have a choice, even with all of the conditioning we have been shaped by we can discover our truths that will enable us to live the fulfilled, purposed life that we ultimately want. I want people to embrace their greatness potential" More info about Keith Mitchell www.keithmitchell59.com

"Happiness is not the destination, Being is" Keith Mitchell

Masterclass : Unleash & Embrace your Unlimited Greatness Potential!

At the core of Keith's teachings, is the transformation of loving consciousness through presence. Whether you call it enlightenment, or awakening, this transformation to a life filled with the joy of being is the first step in embracing your life in ease and greatness. Unhappiness and struggle dissolve, and life begins to flow.

Be prepared to experience the joy of a state of ease, lightness, and inner peace found in embracing your unlimited greatness. During multiple teaching sessions, Keith guides you to access your greatness within, where you find a deeper state of awareness. Multiple sessions with Keith translate the teachings into practical, real-life applications.

Purpose of this training

When we aren't living our truth, the rest of our lives start to unravel in ways we couldn't imagine, frequently hurting others in our lives, the effects rippling out to everything we touch.

In this life-changing training, you'll get step-by-step direction for evaluating and elevating your life. Learn the secrets and yoga and mindfull techniques for shaping your personal success and achieving your dreams! Imagine that fear was suddenly no longer a factor in your life. What would you do? What would you change, give, be, or accomplish? Those who create an extraordinary life and achieve their highest vision share one fundamental power: the capacity to turn their fears and limitations into positive focussed action. Confidence in yourself builds up over time.

You can fake confidence, and you may need to at first, but real self-confidence comes from a history of small victories and accomplishments that add up to a sense that you can handle yourself well in most every situation.

"The practices of yoga and meditation allow us to be filled with acceptance, purpose, and love."

Having confidence means you believe in yourself, you trust your own judgment and resourcefulness Keith defines self-esteem as the sum of self-confidence and self-respect. For him, self-confidence is knowing that you have the wherewithal to achieve purpose in this world, in this lifetime.

Finding your wholeness, you realize that you can stand alone, you dont require validation. Through wholeness empowers us realize this greatness potential thats been there the whole time, we just havent been aware of it. In this we realize our 100 percent is enough, in fact we dont have more than this but its fine because what we have is enough. You are as great as you are, you are beautiful as you are, you competent as you are, so allow yourself to BE.

Who can particate

The training is for everybody and all levels! Everybody who wants to grow and go to the next level in life, every- body, who is ready for their journey of growth and to peace and greatness!

Mitchell says. Meditation, Yoga & mindfulness is beneficial for everyone."

PROGRAMM
ONE DAY SEMINAR
UNLOCK, UNLEASH & EMBRACE
YOUR UNLIMITED GREATNESS
POTENTIAL!
22 MAY, THE NETHERLANDS

Part 1: Introduction & Meditation

08.00u-09.00u:Registration

09.00-10.00u: Start programm Keith Mitchell introduction & Meditation embracing your Joy, Ease & Greatness

Part 2: Yoga Programma

10.00-11.30u: Keith Mitchell yoga program: Embrace your greatness potential ! part 1

11.30-12.30: lunch break

Part 3: Masterclass

12.30-14.00u: Masterclass Keith Michell "Unlock, Unleash & Embrace your Unlimited Greatness"

14.00u-15.30u:Keith Mitchell yoga program : "Ebrace your greatness potential !" part 2

Part 4: Meditation & Mindfulness

15.30u-16.30: Keith Mitchell Meditation : Gratitude for showing up for your greatness

16.30-17.00u- Q&A, photo moments

17.00u End of program

***drinks and bites are available at the venue**

What You'll Learn In " Unleash & Embrace your unlimited Greatness"

You feel competent to make choices, competent to satisfy your needs, to chart the course for your life. Having confidence in specific situations, such as in gaining influence with someone, would flow from a general self-confidence about your ability to meet life's challenges.

- The critical role vulnerability plays in our lives and how our willingness to show up determines the depth of our courage and the clarity of our purpose.
- Discover how to break the unconscious fears that are holding you back.
- How fear, blame, and scarcity drive "I am not enough" and how our self-worth is tied to our willingness to show up in our lives
- How shame works and the four elements of shame resilience
- How to identify the values we hold most sacred and how to practice those values in the face of struggle
- The critical role that self-compassion and empathy play in daring greatly
- Actionable strategies for embracing vulnerability that can help transform the way we live, love, parent and lead.
- 100 percent is all you got but 100 percent is enough
- You can absolutely stand alone without needing validity from anyone
- To Be Bold in order to love better, receive love and be love
- Cultivate the relationship with my emotional body, to ownership in my so-called sporadic behavior
- Without vulnerability we absolutely cannot have no real connection
- Vulnerability is not weakness, it's the core essence of infinity
The physics of vulnerability – ten guidelines for rising after a fall
- The power of story in our lives and how stories drive our emotions, thoughts, and behaviors
- How to reckon with emotion
- The major emotional offloading strategies and how they move us away from our values
- How and why emotional curiosity is the key to rising strong
- How to recognize and capture the stories we make up when faced with struggle
- What it means to rumble with emotions like shame, guilt, anxiety, blame, accountability, resentment, grief, forgiveness, and perfectionism.
- How to write our own daring endings to our tough stories
- how to get out of 'automatic pilot' and let you understand that mindset and choices control your direction in life, work and relationships
- how to help you to see what is holding you back, keeping you stuck and ultimately prevent you from living a purposeful life.
- learn meditation techniques and yoga tools to practice the courage to do what you want without caring what the critics think

What is included?

- 2 full yoga classes
- Training/ masterclass
- 2 full meditation & mindfulness classes
- Q&A session
- Photo session
- vegetarian lunch
- 3 bottle of water
- yoga tea

Excluded

No yogamat, you have to bring your own yogamat

Are You Ready for Transformation?Your journey toward peace & greatness!

Keith Mitchell's training is a unique! He transforms by his training a self learning experience that provides participants with the opportunity to explore what it means to fully show up in our lives – to be brave, lean into vulnerability, and to rumble with the challenges that come with living a daring life. "One moment can change everything. Let's learn our greatness potential In order that we access our strengths and grow others. We are infinite beings and it's time to grow into our potential. The tools are here waiting for us, the only thing we need to learn is how do we activate them.

Create your life changing moment with keith and unlock & unleash your body's natural and miraculous power to heal itself so you experience a more joyful, energetic body, an alert yet restful mind, a loving and compassionate heart, and lightness of being.

Be the first ! Don't miss his first training in the Netherlands!

More info about events date, location & parking

www.colourful-business.com

