







The hummingbird uptre.at - your uplifting retreat on October 6-7, 2023



### **Welcome hummingbirds!**

We are excited to be with you for the next 1.5 days: to rest, to dance, to work on our own personal strategies to integrate work and life, and to be in a beautiful small group of like-minded people from different parts of the world.

Here are all details for you:

### **Location:**

Innviertel Versailles, Schloßstraße 1, 4971 Aurolzmünster, Austria.

### **For any questions:**

Sin-Wei (+43 677 62024865) or Gertraud (+43 650 9457883).

You can park directly at the castle.

Friday, October 6		Curator	Location
14:30 - 15:00	Welcome & Arrival	Gertraud & Sin-Wei	Lotus Fire Place   Restaurant Terrace
15:00 - 17:00	Ethiopian Coffee Ceremony: Cultures and Stories	Gertraud & Terhas	Red Conference Room
<b>The idea behind - the hummingbird upre.at: Grounded. Rested. Glowing</b>			
17:00 - 17:20	<i>Resting</i>		
17:30 - 18:30	Dance Session	Sin-Wei	Jupiter Room
18:30 - 19:00	<i>Resting</i>		
19:00 - 21:00	Dinner		Restaurant



Saturday, October 7		Curator	Location
<i>Individual breakfast served to your apartment</i>			
08:30 - 09:00	If you feel like it: Fresh air & soft movements	Sin-Wei	Lotus Fire Place   Restaurant Terrace
09:00 - 09:30	START - Welcome Day 2: Deep Dive Session 1	Gertraud	Seminar Room
09:30 - 09:45	<i>Break</i>		
09:45 - 10:45	Laughter Yoga	Marie Christine	Big Ahnensaal
11:00 - 12:00	Deep Dive Session 2: Looking back & your boundaries	Gertraud	
12:00 - 13:15	<i>Lunch and Resting</i>		
13:15 - 14:00	Nidra Yoga	Nina	Seminar Room
14:00 - 16:00	Deep Dive Session 3: Finding your rhythm & dance through life	Gertraud & Sin-Wei	Seminar Room
16:00 - 16:30	<i>Resting</i>		
16:30 - 18:00	Surprise Session	Surprise Trainer	Big Ahnensaal, 2nd floor
18:00 - 18:30	Take-Aways and Anchors	Gertraud & Sin-Wei	Seminar Room
19:00 - 20:30	Soup & Fire		Lotus Fire Place   Restaurant Terrace
	Goodbyes		Lotus Fire Place   Restaurant Terrace



## Gertraud Eregger & Sin-Wei Tan

**Sin-Wei Tan** builds diverse and inclusive communities in all areas in her life: at work bridging strategy, communications and connecting global stakeholders. In her own intercultural consultancy Tan Consulting – connecting cultures and business opportunities and in her private life connecting the most inspiring and impactful people from all corners of the world. Sin-Wei is enthusiastic about creative processes. With openness, her feisty style, and a large portion of empathy, she places importance on setting accents in the trainings and sessions.

 [tan.consulting](https://tan.consulting)

 [linkedin.com/in/sinweitan](https://linkedin.com/in/sinweitan)

**Gertraud Eregger** stands for creating community and opening up stories & hearts. Creating vulnerable spaces, pouring into her experience as recruiter, entrepreneur, mother and global nomad calling Austria, Ethiopia and Jamaica her home. When life and work gets too messy, my daily 5 min mantra at the open window, a bike ride, the ocean (or just its sound) and fresh mountain air, sitting and chatting with friends having all the time on the planet and a passionfruit cider get me in my magic again. She's an executive coach & founder of create your move.

 [gertrauderegger.com](https://gertrauderegger.com)

 [linkedin.com/in/gertraud-eregger-85a76046](https://linkedin.com/in/gertraud-eregger-85a76046)





### **Marie Christine Pham-Funk:**

A trained dancer/dance teacher and trainer for laughter yoga, children's yoga, pregnancy yoga and Gyrokinesis®. Tuina massage therapist and also giving massage courses.

She's a mom of two girls. Lived years in Vietnam and China.

She's this inspiring mix of: Spontaneous, curious, organized, inquisitive, eager to travel, passionate, friendly, self-confident and open-minded.

**Nina Beyrl** is an experienced leadership coach who loves to use mindfulness tools to support her clients. She's also an internationally trained meditation coach and will guide us through a #Yoga #Nidra #session (also known as yogic sleep) to tap into our inner wisdom.

Our bodies keep the score, especially when it comes to stress of any kind and thus listening to our body and soul is critical for our success journey as leaders. Let's slow down to speed up! As Nina says: Ease. The essence of excellence. [easebynina.com](http://easebynina.com)

### **YOUR CO-CURATORS**



## **Rudolf Rieger** (Surprise Session)

Mysticism is a form of spirituality in which through contemplation and devotion a personal, tangible connection with an uplifting, deep belief is sought. In this workshop we will move away from thinking towards pure feeling. We embark on a wonderfully, easy, playful activity and will learn to be fully present and creative in this very moment now. A skill we need so many times in leadership, again and again. What we do together opens our hearts, brings you to yourself and connects us with each other. It's not complicated, it's simple and magical. The session will stretch you in an inspiring way, and will invite you to explore what's outside of your comfort zone waiting for you. No pre-skills required.



## **Terhas**

Ethiopian photographer and filmmaker Terhas Berhe focuses on the everyday as well as on social issues. In her work, she looks critically at notions of documentary storytelling.

She has been working and traveling inside and outside of Ethiopia. She got her first camera when accompanying her father on his truck tour to Djibouti. Since then, she captures her world and creates deep connections wherever she goes. Terhas Berhe is interested in the long-term processes working with other forms such as photography, video, and performing art to trouble her narratives.

She deeply believes, that every human being has a powerful story to share, if we give them the time and space. Worked with international movie actors as Bruno Ganz, Jürgen Vogel, and her work got internationally awarded in Cannes and Berlin. Terhas lives in Vienna now with her son, and works as project manager for an international NGO supporting refugees to start a new life in dignity and power.

**YOUR CO-CURATORS**





### What to bring?

- Wind jacket, if we sit outside
- Clothes that are comfortable to do yoga, to dance, to sit, to move...
- Sneakers to dance on the wooden floor
- Please bring your yoga mat, if you have one. If not, no problem, just let us know, and we'll bring one for you.
- Please bring your hummingbird folder, that will be in your room. You can leave the Level journal in your room, as this is your gift to recap your learnings after the retreat. You'll get all copies and exercises during the retreat.

