



EXPERIENCE NEW ENERGY, RESILIENCE, AND WISDOM



*"Profound," "Life-changing" - Zen Leader comes to the heart of the French Alps*

**OCT 17-20 2019**

**Le Chalet dans les Etoiles**

1304 route de l'Etelley, 74340 Samoëns, France



*"This workshop is profoundly moving – both physically and internally – in ways that are larger and deeper than words. Thank you for the transformation. I carry it with me."*

*-Kate Watters, Executive Director,  
Crude Accountability*

*"The program is outstanding, unique and exceptionally valuable...the ability to tap into and focus basic energy states of human existence is a tool I will use for the rest of my life."*

*-Tom Gruenwald, CEO, Westell*

## AWAKEN THE ZEN LEADER IN YOU

### BEYOND MINDFULNESS –

feel the power of working with mind-body as one  
**Less stress, more resilience**

### BEYOND PERSONAL DEVELOPMENT –

learn how to be a force for positive change  
**Less reacting, more co-creating**

### BEYOND CONVENTIONAL LEADERSHIP –

discover a path to purpose and awakening  
**Less transacting, more transforming**

## WHAT YOU'LL GET OUT OF IT:

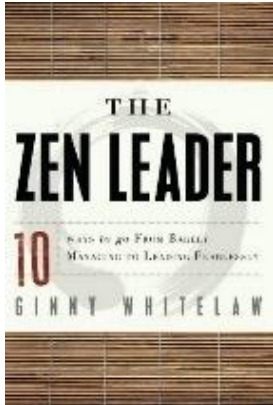
- New ways to face challenges and a new "you" facing them - guaranteed
- Physical access to 4 modes of leadership you can apply any time, any place
- Practices for better decision making, stronger influencing, and realizing your vision
- A pathway enlivened by physical Zen training that you can take as far and deep as you want



[www.zenleader.global](http://www.zenleader.global)



## LEAD THE WAY



## LED BY

author of *The Zen Leader* and founder of the Institute for Zen Leadership

**DR. GINNY WHITELAW** is a Zen master in the Chosen-ji line of Rinzai Zen, and a recognized expert in leadership development. Author of 4 books, she has 25 years of experience developing global leaders. Formerly the Deputy Manager for integrating NASA's International Space Station, she holds a Ph.D. in biophysics, as well as a 5<sup>th</sup> degree black belt in Aikido.

## ACCREDITATION

The Zen Leader program has qualified for 12 ICF CCEUs in the past. Please indicate if this is of interest to you when you register.

## WHO SHOULD ATTEND?

People who want to move beyond fear or exhaustion, who want to live and lead on purpose, and are willing to get out of their comfort zones to explore a greater experience of who they are.

NO PREVIOUS MEDITATION OR PHYSICAL TRAINING REQUIRED

Questions? Contact: [cris.nakano@gmail.com](mailto:cris.nakano@gmail.com)



## SCHEDULE

**6pm Thursday, Oct 17<sup>th</sup>**

**3pm Sunday, Oct 20<sup>th</sup>**

On Fri., Sat. and Sun., we start early (6am). The program is carefully balanced with time for meditation, physical training practical application, and reflection.

## LODGING

3 lodging options are available at the beautiful Chalet dans les Etoiles: private room, 2-person room, 4 person room (all rooms have their own bathroom).

## COST

Includes all program materials, lodging and meals from Thursday dinner through Sunday lunch. Does not include transportation to/from "Chalet dans les Etoiles" (we can help organize carshare closer to the date).

€ 900 Program with lodging in 4-person shared room

€ 1020 Program with lodging in 2-person shared room

€ 1300 Program with lodging in private room

## OPTIONAL HIKE

We will organize a hike in the morning of Thursday Oct 17 for those who want to see a bit of the region (8:30am departure from Samoëns). If you are flying in and want to join the hike, please arrive by Wed. evening (we can help organize Wed. accommodation in Samoëns for ~€50/person)

## REGISTRATION

You can [register and pay online](#) or by sending an email to [cris.nakano@gmail.com](mailto:cris.nakano@gmail.com) with the following information:

**Subject:** Registration request for ZL1 17-20 October 2019  
**Name:**

**Lodging choice:** Private room with double bed, 2-person shared room or 4-person shared room

**Dietary restrictions:**

**Hike:** Please indicate if you want to join the hike on Thursday morning