

# U TIME

## ACADEMY



# WELCOME!



*Eva van der Randen*

It's time for you! To make the change in your life to that which has limited your potential; to take the next step in developing your leadership; to reset after periods of intense stress; to improve effective communication in your personal and professional life.

U Time offers coaching for building resilience, healthy relationships and communication in private lives and in work environments.

I am the owner of U Time. I am an experienced and empathic coach and trainer addressing the mind and body as a whole. Working internationally, online and live in Portugal. I use Transactional Analysis to help individuals, teams and organizations to increase insight and improve communication.

I also have a background in Vedic lifestyle, yoga and meditation.

With the Academy of U Time we offer courses of personal growth and TA combined with nourishment of the body, finding mindspace and calmness in beautiful surroundings.

U Time Academy is a fusion of education and relaxation in a luxurious environment under the Portuguese sun.

## How is U Time Academy different from other (TA) Academys?

We want to offer you an experience of self development combined with sources that help you destress, like movement, breath, healthy food, and spa & massage. Utilising a unique approach to learning in a retreat style environment.

## How is a U Time Academy different from traditional 'Retreats'?

U Time Academy is a fusion of traditional learning in a retreat style environment to ensure your body and mind are open and relaxed when absorbing new life-changing information and practices.





# DECODE YOUR BODY WISDOM

18th September 2022 - 22nd September 2022

Recognise patterns in how you are living your life, decode the body's signals, using them to make wise decisions about your life to live healthy, balanced and resourced. Take the time to de-stress and relax , while indulging in a peaceful and tranquil environment in Portugal.

Learning to trust the Wisdom of your body in order to thrive.



This training is about recognising patterns in how you are living your life, to recognise the body's signals. To survive in modern life, you sometimes need to set your own needs and longings aside. You might ignore some stress complaints in your body. You will learn how to make a conscious heart-felt choice about yourself and the life you want to live, while using your body's wisdom in this decision process.

You often expect a lot from yourself and therefore from your body, forgetting that the rhythm in our society didn't leave time for our body to adapt to the fast-pace and expectations. Luckily, Your body is wise! It has an inner wisdom and it knows if the price you are paying to survive the Urban Jungle is high.

## THE TRAINING

In this training you will learn how to destress and trust on resources that will help you through it.

## WHAT IS EMBODIED COACHING?

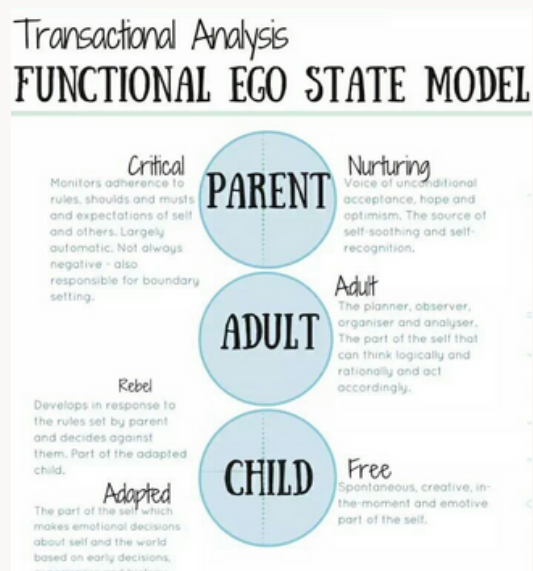
In this program we learn to work on a deeper level. The body has inprinted patterns. By listening to your body, you understand these patterns even better. You return to your core and feel what your body really needs. Working with body language is an important source of self-awareness and change. That makes the combination of TA and bodywork so beneficial. Certainly, when working deeply and efficient with stress and trauma-related physical complaints.

The method of Embodied Psychotherapy & Coaching is based on working with the nervous system and with the body language.

## Transactional Analysis

Transactional Analysis (TA) provides a theory on the development of people and organisations, and of human relations and communication. The theory is combined with a practical approach, centred on possibilities of personal growth, development and on how to communicate best.

It would be great to have a basic understanding of Transactional Analysis before attending this experience, meaning you have followed a TA 101 course. If you haven't yet, there is no problem. More information can be found on page 17.





## MEET YOUR TEACHER



*Linda Hoebe*

Linda is an expert in Embodied Coaching. She has over 30 years of experience as a psychotherapist and as a coach. She is trained as a social worker, has a master's in criminology and is a certified Trainer and Supervisor in Transactional Analysis (TSTA). In her training institute in Belgium, she trains coaches in 'Embodied Coaching'. In the Netherlands she teaches at the TA Academy. For the European Commission she gives trainings on stress management and coaches at an executive level.

## LANGUAGE

The language of the Program is English.  
The trainers also speak Dutch, French, German and a little Portuguese.

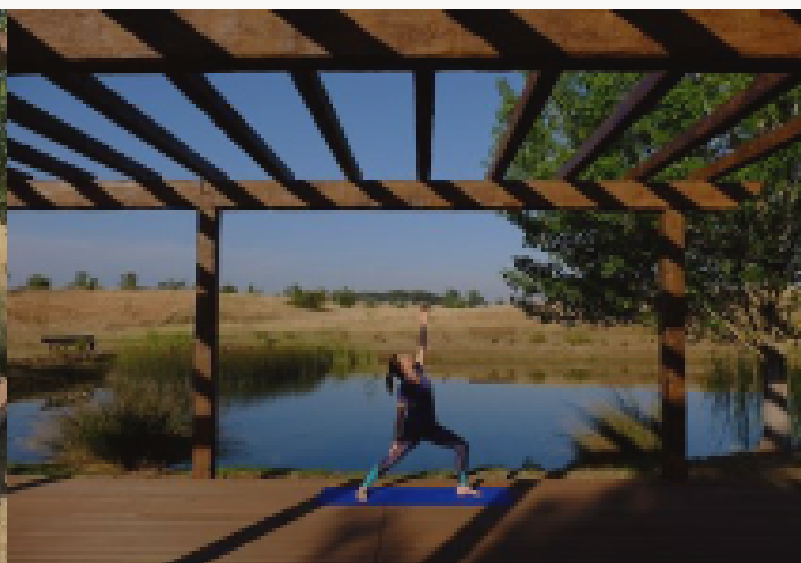
# CONSCIOUS MOVING



To disconnect from the hastiness of the Urban Jungle we live in you must reconnect with your body and it's intuitive wisdom. We use Flow Yoga, Mindfulness and Movement Workshop from Ido Portals' method.

## Yoga, Breath and conscious moving

Yoga is an ancient oriental practice that connects the body, mind, and spirit through different body postures (asana), meditation, and controlled breathing. Yoga is offered in the morning in an amazing yoga studio and the sessions can be tailor-made to your needs. Every class consists of a breathing exercise (pranayama), a short meditation and physical practice (asana). All levels are welcome.





## ABOUT MOVEMENT LISBOA

Movement is a physical practice that brings together different disciplines with the goals to open and enrich the motor vocabulary of the practitioners in order to develop better and functional human beings.

It's clear the poor group of tools that the population has, related to the fact that we spent way too much time seated, inactive and in positions that are way too comfortable for the structure and several that are aggressive for a body that no longer works the proper way.

Movement Lisboa movement education is based in Ido Portal's method and inspired inside Movement Culture, discovers and brings back those patterns that somehow got lost in what we call human development. To know basic concepts inside the practice such as locomotion, coordination, floor work, mobility, organic strength of stillness to name a few.

All layers of the same practice that in movement are not dissociated but complementary to life, a sustainable and healthy living to the fullest.





## Tiago

Tiago is a student of various languages of the body in its entirety (Fighting Monkey, Gaga Method and Movement Culture). He is the co-founder of Movement Lisboa, a movement trainer and practitioner, a performer and spectator of the body as a physical vessel.

## Andre

Always a student, Andre graduated in Sports Science. He is the co-founder of Movement Lisboa, a practitioner and teacher of movement and martial arts, as well as a joint mobility and bodyweight specific trainer. He is a father and eternally curious about everything that involves the human body.

# NUTRITION



## Also Included: A Food and the 5 Senses Experience

A Food and the 5 Senses Experience is a food, sensory, and storytelling journey. In this intimate, curated 2-hour experience you will connect with yourself, to food and connect with fellow guests. Plunge into 5 tastings of local, organic, plant-based food designed by world-class chefs for the senses. Using the senses as a guide, through exercises, games and live theatre you will feel how ingredients and culinary arts extract elements of sensation. Each sensory moment is matched with a tasting designed to stimulate perception, emotion and memory to awaken your senses and open up. This holistic experience is complemented by storytelling around a local, seasonal main star ingredient featured and re-invented in 5 moments. Chefs reveal parts of their creative process, adding a dimension of awe and flow.



# SPA

## Included Turkish Bath

The therapy spa has a Turkish bath/steam room to relax your body, reduce stress and loosen tight joints. Time in the Turkish bath promotes a sense of well-being and relaxation and is the perfect precursor to a wonderful night's sleep. Following on from yoga or a massage, a session in the Turkish Bath is a real treat.



## Included Ayurvedic massage

Ayurveda is the ancient science of healing body, mind and soul and embracing your body's natural healing powers. This massage stimulates the flow of energy, releases toxins and stiffness and aims to balance Vata, Kapha or Pitta Dosha.



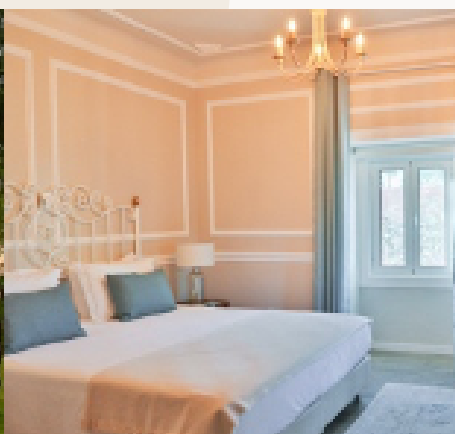


## ACCOMMODATION

The retreat venue, exclusively available to us.

### About Quinta Carvalhas - The Green Farm

Located about 90 minutes northeast of Lisbon, on a lovingly restored 150 year old working farm. The retreat venue is a family owned and operated business. Set on 42 hectares of tranquil farmland, in a beautiful and naturally abundant part of Portugal close to many hiking trails. The retreat features modern and comfortable accommodation, a swimming pool, plentiful gardens, serene picturesque surroundings and wonderful venues for workshops, dance, movement or play.



## Oak Lodge

Oak Lodge, the original two-storey farm house, is full of history and charm with the wooden beams and thick stone walls. Upstairs the well-appointed, individually decorated rooms provide views over the yoga studio, pool area, riding arena and fields beyond.

# Orchard & Willow Row

Located across the central courtyard the Orchard & Willow units are part of a converted barn with all of the rustic charm of the original building, combined with simple luxury. Each unique room has an en suite bathroom and private veranda.

- ★ Coffee & Tea facilities
- ★ Mini fridge
- ★ Reusable water bottles
- ★ Ensuite bathroom
- ★ Shampoo & body wash
- ★ Towels
- ★ Hair dryer
- ★ Temperature control
- ★ Fan
- ★ Complimentary Wi-Fi



## A TYPICAL DAY

- 08:00 Session of Conscious Moving
- 09:15 Nutritious Breakfast
- 10:00 Learning to Decode Your Body Wisdom
- 11:30 Refreshment with fresh fruits
- 12:00 Learning to Decode Your Body Wisdom
- 13:00 Lunch under the Trees
- 14:00 Learning to Decode Your Body Wisdom
- 16:00 Tea and Indulgence
- 16:30 Massages
- 19:30 Healthy Vegetarian Dinner by chef Richard
- 21:00 Time For You

# THE LOCATION

## WHERE WE ARE

The retreat centre is situated a mere hour's drive from Lisbon Airport, in the tranquil countryside of Ribatejo.



Surrounded by a wealth of attractions and activities:

- 📍 Golegã (17 min)
- 📍 Tomar (40 min)
- 📍 Santarém (24 min)
- 📍 Alcobaça (1hr 7 min)
- 📍 Fátima (36 min)

## ADDRESS

Rua José Ferreira Fazenda  
2000-466 Casével STR  
Portugal

## HOW TO GET TO THE VENUE

### By Car

Enter Quinta Carvalhas into Google Maps and follow the directions. It is an hour drive on the main highway – tolls are payable.

Or use the code for Google Maps below:  
9CGF+PM Casével

### Public Transport

From the Airport: Once you exit past the Customs checkpoint, turn right and follow the signs to the Metro Underground. Tickets are available at the station. Exit the Metro at the third stop Oriente. The Metro map below is for reference:



At the Oriente Station proceed to the upper level ticket booth and purchase a ticket for Mato De Miranda. The train usually leaves from Platform 5 at 10 minutes to the hour. The journey is about 1h20. Please phone and arrange for us to collect you at the Mato de Miranda Station. It is approximately 2.2km from the Quinta.

The train also leaves from the Sa. Apolonia station in Lisbon. It goes from Lisbon to Tomar.

A shuttle can be arranged by the accommodation. If you have any questions about the travelings please let us know and we will provide you the contact details.

# PRICES

The whole programme, the TA training, overnight stays in a private room, full board healthy meals, refreshments, daily exercise, spa and massage, the whole quinta with all its spaces available exclusively for this group.

**18 - 22 SEPTEMBER 2022**

## Decode Your Body Wisdom

Recognize patterns in how you live your life, decipher your body's signals and use them to make wise decisions about your life to live healthy, balanced and rested. Take the time to de-stress and relax, while indulging in a peaceful and tranquil environment.

## Program

The program includes:

- A certificate of 18,5 recognized TA Training Hours & Embodied Coaching, by TSTA Linda Hoebe
- A 2 hour relaxing Singing Bowl Concert
- A 2 hour workshop by Movement Lisboa according to IdoPortal method
- Your Private Room
  - unless sharing is requested, in which case you are more than welcome
- All day delicious healthy vegetarian food, fresh from the garden
- Daily sessions of mindful movement, breathing & strength and mobility training
- Restorative yoga
- 1 1/2 Hour Massage
- Steam bath
- Swimming pool, relaxing and sunbathing
- Nutrition and the 5 senses experience
- Time, especially for you!

**€ 2.197,50**

## NOTE/CONDITION

It would be great to have a basic understanding of Transactional Analysis before attending this experience, meaning you have followed a TA 101 course. If you haven't yet, this is no problem.

If you book before 15th. of July you will receive the online TA 101 course, with a value of 414 euros, as a bonus!

## WHAT'S NOT INCLUDED IN THE PRICING?

Travel to and from Lisbon Airport

Travel to and from the venue (we can help arrange a van transfer on request)

## HOW TO BOOK?

1. Go to <https://www.uptime.world/body-wisdom>
2. Hit "book now"
3. Fill out the required form
4. Agree to terms and conditions
5. Proceed to payment
6. For payment plan requests, please contact [eva@uptime.world](mailto:eva@uptime.world)