

U TIME ACADEMY



UTIME.WORLD

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 living in Portugal. I use Transactional Analysis to help individuals, teams and organisations 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.

REDISCOVER YOUR CORE

Sunday 30th October 2022 – Friday 4th November 2022

Learn new techniques in a relaxing retreat style environment that will increase your resilience through life. You will learn to use the resources we have to overcome life's challenges, connect with yourself on a really deep level and gain new energy, a calm state of mind and a full soul.



TA

The TA 101 is the basic training for Transactional Analysis and its certificate is recognised by the European and International TA Associations (EATA/ ITAA).

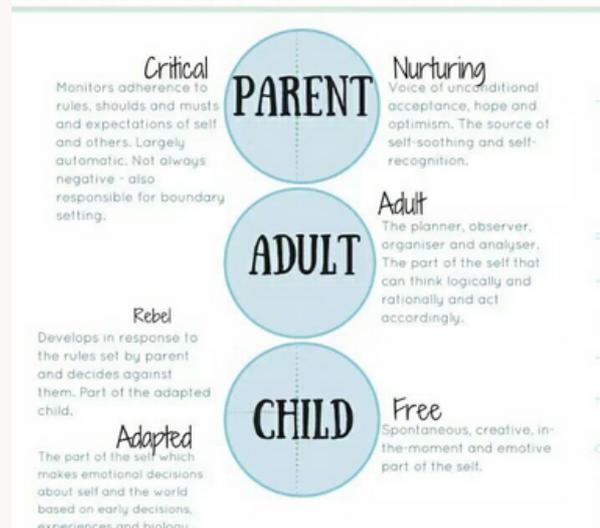
Transactional Analysis (TA) provides a theory on the development of people and organisations, and of human relations and communication. The theory is combined with a practical approach, centred on possibilities of personal growth, development and on how to communicate best.

The TA 101 training focuses on the basic concepts of TA. You will gain insight in the functioning of the TA models and learn how to apply the insights you have gained to a broad variety of contexts, such as work in organisations, as an educator, counsellor or therapist and in your individual environment.

Basic concepts of the Transactional Analysis

One of the central concepts of TA are the "ego-states" that can be recognised in every person, as well as in teams and organisations. TA distinguishes between Adult state, Parent state and Child state. With the help of TA you can examine which state is dominant at any given moment in yourself and in others, and what the consequences are in mutual Transactions. Through TA you are able to categorise and analyse the information, including through awareness of one's own "script".

Transactional Analysis FUNCTIONAL EGO STATE MODEL



MEET YOUR TEACHER



Karen Bruyn

Karen is a Psychologist and TA-Psychotherapist, Provisional TA Supervisor and Teacher. Since 2011, she has had her own practice as a trainer, coach and therapist. Karen combines a clear head with a warm heart and helps connect people to their own inner core, family context and destiny. She also works with shamanic methods to help others address the mind, body and soul in her practice.

Shamanic Counselling by Karen

Karen: "This way of 'counselling' found its deepening in shamanism, a natural movement to which I have felt a connection for a long time. Shamanic counselling is an intuitive method to get to your inner knowing the source within you where your answers and insights are stored. I guide shamanic journeys and processes of soul retrieval and power extraction."

Shamanic journey

A shamanic journey consists of several parts. Beforehand the structure will be explained and will help you to concretize and formulate the question for the journey. An energy field is created that enables you to penetrate the deepest layers of your subconscious.

The shamanic journey itself is made on the sounds of the shamanic drum.

It is a journey of insight and self-healing, where you get in touch with your power, inner wisdom, deeper emotions and your body.

You become aware of what prevents you from knowing your desires and goals, let alone realising them. You also make contact with wise 'spirits' ('counsellors'), who convey messages in a language that you understand. These can be images, text, feelings or physical sensations.

This form of counselling is an intensive, beautiful experience that can certainly help you in your daily life. Each journey is highly personal and different.

ABOUT YOUR (PERSONAL) TRAINER



Justine Schenk

Justine is a psychosomatic specialised physiotherapist from the Netherlands, a specialisation that brings the body and mind together.

She works with clients that experience chronic pain and stress related issues, using the biopsychosocial model, ACT, mindfulness and activity training.

She greatly enjoys helping others to explore the possibilities and boundaries of their body with compassion and self care.

Besides group training, Justine also provides personal training upon request. This is included.

Yoga & Breath by Eva

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.





Qi Gong by Karen

Qi Gong is a system of coordinated body-posture and movement, breathing, and meditation used for the purposes of health, spirituality, and martial-arts training. With roots in Chinese medicine, philosophy, and martial arts, qigong is traditionally viewed by the Chinese and throughout Asia as a practice to cultivate and balance qi, translated as "life energy".

Qigong practice typically involves moving meditation, coordinating slow-flowing movement, deep rhythmic breathing, and a calm meditative state of mind. People practice qigong throughout China and worldwide for recreation, exercise, relaxation, preventive medicine, self-healing, alternative medicine, meditation, self-cultivation, and training for martial arts.



LANGUAGE

The language of the Program is English.

The trainers also speak Dutch, German and a little Portuguese.

NUTRITION

FOOD



Farm to table freshness

100% vegetarian, made with love

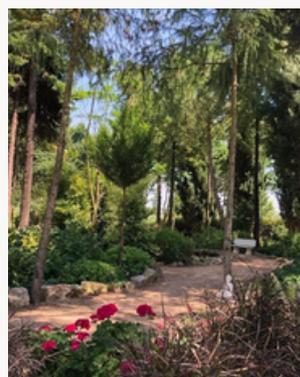
We care about the health and well-being of our planet and all her inhabitants, that is why the food we serve is 100% vegetarian. And because our meals are farm-fresh, with the produce grown on the farm or sourced locally, every bite is not only super tasty but also full of nutrients.

Nourish your body to start the day full of energy, restore with healthy picnic lunches and connect with each other over shared dinners.



Also Included: A Food and the 5 Senses Experience

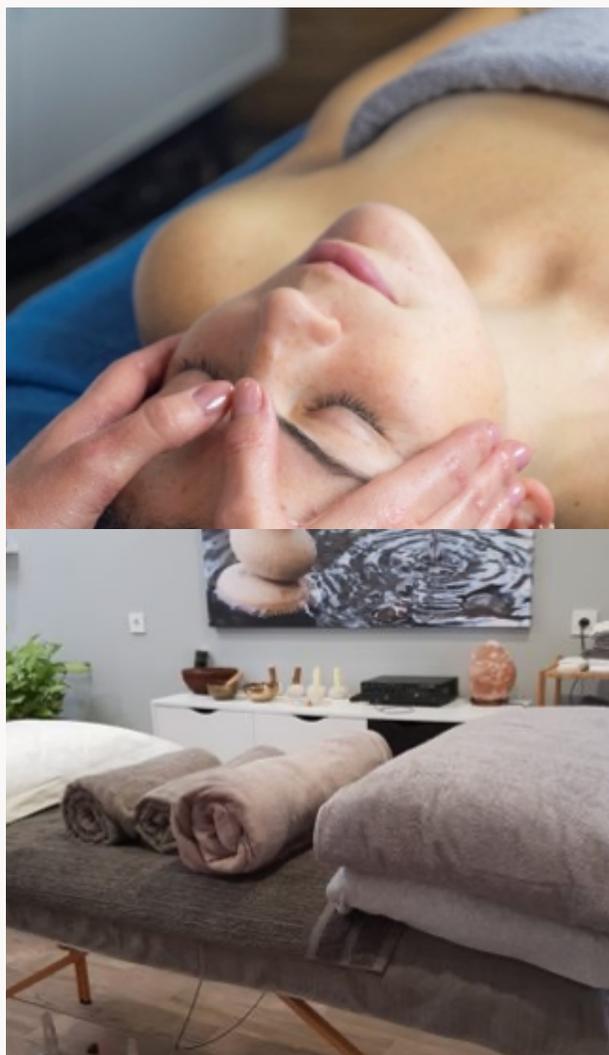
A Food and the 5 Senses Experience is a food, sensory, and storytelling journey. In this intimate, curated 2-hour experience you will connect with yourself, to food and connect with fellow guests. Plunge into 5 tastings of local, organic, plant-based food designed by world-class chefs for the senses. 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.



ACCOMMODATION - OAK LODGE

Oak Lodge

5 bright rooms with ensuite bathrooms

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.

Downstairs is the communal lounge with large fireplace, and Oak Café where tea, coffee, light snacks and cakes are served. Adjoining the lounge is the beautiful and peaceful blue veranda which leads onto the pool area.



5 Rooms
10 Guests

ACCOMMODATION - ORCHARD & WILLOW ROW

Orchard & Willow Row

6 spacious rooms and a charming cottage

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.

Rose Cottage is a well-appointed, spacious self-catering cottage with views of the meditation garden and a private veranda. It has two bedrooms and can accommodate 4 people with either king or twin beds.



9 bedrooms
18 Guests

AMENITIES



- ON SITE:**
- ♥ Swimming Pool
 - ♥ Turkish Bath (fee)
 - ♥ Meditation Garden
 - ♥ Communal lounge
 - ♥ Extensive gardens
 - ♥ Farm Pond
 - ♥ Bikes (for rent)
 - ♥ Lots of cute dogs to pet
 - ♥ Coffee, juice & snack bar
 - ♥ Fire place
 - ♥ Courtyard terrace



- IN THE ROOMS:**
- ★ 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 - Yoga/Qi Gong/Group Training

09:15 - Nutritious Breakfast

10:00 - Learning the basics of Transactional Analysis

11:30 - Refreshment Break with fresh fruits

12:00 - Learning the basics of Transactional Analysis

13:00 - Lunch under the Trees

14:30 - Learning the basics of Transactional Analysis

16:30 - Refreshment with indulgent

17:00 - Massages & Time To Relax

19:30 - Healthy Chef-Prepared Vegetarian Dinner

21:00 - Massages & Time To Relax

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)
- 📍 Alcobaca (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.

SUNDAY 30TH OCTOBER 2022 - FRIDAY 4TH NOVEMBER 2022

Rediscover Your Core

Learn new techniques in a relaxing retreat-style environment that will increase your resilience through life. You will learn to use the resources we have to overcome life's challenges, connect with yourself on a truly deep level, and gain new energy, a calm state of mind, and a full soul.

Program

- An official TA 101 - expanded and deepened, among other things with the help of shamanic techniques - awarded a 101 certificate, which gives access to worldwide TA trainings, signed by P-TSTA Karen Bruyn
- 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
- Additional Personal Training sessions by a psychosomatic physiotherapist
- A session of Qi Gung
- Restorative yoga
- Turkish bath & 1 1/2 hour massage
- Swimming pool, relaxing and sunbathing
- Food and the 5 senses experience
- Time , especially for you!

€ 1.897,50

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.utime.world/rediscover-your-core>
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@utime.world

After making your booking, we will arrange an online conversation. This is where you can ask any questions you may have and we can discuss your experiences and expectations.