

Motivation In Motion

The aim of the Motivation In Motion weekend is to equip participants with the tools to allow them to successfully reach their health and fitness goals and to then take these new abilities to help them achieve success in other areas of their life.

Most people are familiar with the phrase “Knowledge Is Power” but we believe that it is not quite accurate. Over the many years that we’ve been working with clients in various therapeutic and coaching scenarios we’ve found that a lot of people know WHAT they want to achieve and HOW it can be done but many feel that they do not have the drive or motivation to reach that goal. This applies most often to the area of Health and Fitness. The crucial missing link is taking consistent action. Therefore our well-worn cliché should more appropriately read “Applied Knowledge Is Power”.

This weekend will show you how to set goals that are appropriate to you and more importantly give you practical ways that you can apply them immediately. We will educate your mind and train and feed your body to help you feel and function at your absolute best. As coaches and therapists we’ve achieved great success with helping clients to reach their goals over the years on a one-to-one basis, but the superb facilities at Burren Life Balance and also the fully-equipped Body and Mind Fitness Gym allow us to facilitate more people to achieve that success in a more structured fashion. By providing you with the optimum conditions in which to exercise, recover, learn and unwind you will have the perfect springboard to launch your health and fitness regime for 2009. And while you’re here you’ll be pleasantly surprised to discover just how delicious only the most nutritious food and drink actually tastes.

So what will you do when you get here?

After a welcoming meal on Friday night we will have an overview of the weekend ahead as well as some relaxation time to allow us to help you to focus on the adventure in store.

Each morning will start with a 30-45 min exercise class before breakfast and a series of educational workshops where you will have plenty of opportunity to participate in partner/group exercises and have fun while challenging your mind. The workshops will cover topics such as Motivation, Stress Reduction Techniques, Healthy Nutrition, Exercise Selection for Fat Loss, Goal-Setting, Stretching Techniques and Taking Back Control Of Your Mind. On Saturday you will also travel to the Body & Mind Fitness Gym in Claureen, Ennis for a Circuit/Resistance training class before returning to Burren Life Balance for a well-earned massage. All participants have full access to the Sauna/Hot Tub area outside of allocated group activities.

As there is a physical training aspect to the weekend we require all participants to complete a medical screening form. Participation in the exercise classes is not compulsory but it is strongly encouraged to gain maximum benefit from your time here. All abilities and fitness levels are catered for. To that end we recommend that you bring some changes of training gear: tracksuits, shorts, t-shirts, training shoes etc as well as some raingear as we will train outdoors regardless of weather conditions! You will also need to bring swim-suits which are required as you relax and unwind in the sauna/hot-tub.

For more information contact:

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