



MINDFUL WARRIOR TRAINING

ALTERED STATES OF CONSCIOUSNESS

16. - 18. January 2026

or 8. May - 10. May 2026

Waldviertel (Austria)

LIBERATE YOURSELF FROM LIMITATIONS OF YOUR OWN MIND

Access and navigate **altered states** of **consciousness safely** using the **breath**

Ancient Dance, Movement & **Music** as a **portal** to **consciousness, ecstasy**, and inner **freedom**.

Rebirth through the **Ritual** of the **Traditional Sweat Lodge Ceremony**

*Inspired by my 7+ years of experience with the Wim Hof Method, extensive psychedelic research, initiation through the ancient Native American Sun Dance and 3 year study with a Buddhist monk.

TRANCE
BREATHING

DANCE, MUSIC &
ECSTASY

SWEAT LODGE
CEREMONY

MYSTERIOUS PLACES
& LUCID DREAMING



MINDFUL WARRIOR TRAINING

1

BREATH TO EXPAND YOUR CONSCIOUSNESS

DISCOVER A DEEPER TRUTH INSIDE OF YOU

Through breath, rhythm, and focused awareness, we can enter altered states of consciousness – states in which perception expands, the mind grows still and the boundaries between self and life begin to dissolve.

When approached with intention and within a safe setting, these experiences are not an escape from reality, but a deep encounter with it.

They help us see the greater picture,
recognize our direction – or realign our path.

[BOOK HERE](#)



2

ANCIENT DANCES, MOVEMENTS & MUSIC

A portal to higher consciousness, ecstasy and inner freedom

Since the dawn of humanity, people have used dance, rhythm, and repetition to enter altered states of consciousness.

Through specific movements, rhythmic repetition, and music, the mind grows quiet – and consciousness expands into a state of presence, connection, and transcendence.

In this experience, mental boundaries dissolve, and a deeper intelligence takes the lead: movement becomes prayer, rhythm becomes medicine, and the body becomes an instrument of the universe.

[BOOK HERE](#)



3

TRADITIONAL SWEATLODGE CEREMONY

Return to the darkness - purification, surrender, and rebirth in the womb of the Earth.

The sweat lodge is one of humanity's oldest rituals - a sacred space where we reconnect with the elements and our origin through heat, darkness, breath, and prayer.

Within the circle, surrounded by fire, water, earth, and air, a process of deep physical, emotional, and spiritual purification unfolds. By confronting heat, confinement, and darkness, the mind expands, the heart opens, and the spirit awakens.

What follows is a symbolic and energetic rebirth - a release of the old and a return to life itself. Out of the darkness, we emerge renewed - clear, grateful, and deeply connected with the Earth, the breath, and the mystery of existence.

[BOOK HERE](#)



4

LUCID DREAMING & MYSTICAL PLACES

Awaken in the dream and perceive the unseen

In lucid dreaming, we learn to become aware of the dream itself. Our dreams reveal inner processes and truths that are often more real and unfiltered than the thoughts of our waking mind.

Within this expanded state of perception, the subconscious unveils itself and we begin to understand and integrate hidden aspects of our essence.

At the same time, mystical places reveal the invisible world around us. Through radiesthesia - the science of subtle perception - we begin to sense energies and vibrations that cannot be measured by conventional means. Even skeptics, in such places, come to realize: there is far more than the eye can see.

[BOOK HERE](#)



CLEAR PRINCIPLES TO CULTIVATE A SAFE ENVIRONMENT FOR GROWTH

One of the most important aspects of this training is learning to feel your limits clearly – to cultivate courage without falling into ego or recklessness.

It's about learning to listen to yourself and to trust your own body, breath, and instinct.

This is about awareness, not mindless “pushing” or competition.

The training is accessible to everyone – it does not require any special level of physical fitness.



YES, THAT'S ALL INCLUDED!

- **Participation in this Module***
- **Healthy, biological Food**

*Restricted to 8 Participants to guarantee an intimate, deep and safe experience

FREE EXTRAS:

- The mindful warrior **Breathwork integration online course** (worth 500€)
- One **coaching & integration Call** after the Retreat (worth 150€)

All of this you get for only: €750 Early Bird** (€850 regular price)

**FOR THE COMMITTED ONE'S WHO WANT TO GO REALLY DEEP
HUGE DISCOUNTS ARE WAITING - See next page**

**available until end of november



Path of the Mindful Warrior*

Module 1: **Special Forces Training** (Infos & Dates).

Module 2: **Altered States of Consciousness**

Module 3: **Embodied Awareness** (Infos & Dates).

Module 4: **Emotional Mastery** (Infos & Dates).

The modules can be attended individually; the order is secondary.

COMITTMENT DISCOUNT:

Price for **one Module**: **750€ Early Bird** (850€ Standard price).

Price for **two Modules**: **1500€** (**you save 200€**)

Price for **three Modules**: **2000€** (**you save 550€**)

Price for **four Modules**: **2550€** (**1 module for free, you save 850€**)



*(optional certification and examination upon completion)

MINDFUL WARRIOR TRAINING

INFOS OF THE MODULE

DATE & SCHEDULE

January 16 – 18, 2026

Arrival: Friday 6:00 PM

Ending: Sunday 4:00 PM

LOCATION

Schloss Rosenau in the
Waldviertel region

Surrounded by nature,
approx. 1 hour 15 minutes from
Vienna.

ACCOMODATION

**It is possible to stay overnight on
site (limited availability):**

3-bed room: €30 / night

2-bed room: €40 / night

Single room: €80 / night

Registration (for accomodation)
via email: info@mindfulstrength.at

Alternative date: 8. May - 10. May 2026



ARE YOU IN?

Mindful Warrior Training:
ALTERED STATES OF CONSCIOUSNESS

[BOOK HERE](#)

[EARLY BIRD*](#)

Click on the registration link to participate.

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