



MINDFUL WARRIOR TRAINING

EMBODIED AWARENESS

13. - 15. February 2026

or 29. May - 31. May 2026

Waldviertel (Austria)

RECONNECT TO THE INTELLIGENCE OF THE BODY

THE FOUNDATION OF PRESENCE, JOY, HEALTH & STRENGTH

Learn to observe the **body's subtle shifts** - the portal to **transformation**, where **inner awareness** begins to **shape** the **outer world**.

Cultivate **inner power** through **structure**, **gravity**, and **alignment** - **transforming tension** into **flow** and **awareness** into **effortless movement**.

Learn to **distinguish** between **instinct**, **intuition**, **emotion**, and **thought** – refining your inner perception to act with clarity and alignment.

*Inspired by years of Movement training with Ido Portal, Mixed Martial Arts, the Feldenkrais Method and Somatic Healing.



LISTENING
THROUGH THE
BODY



INTERNAL MARTIAL
ARTS



SOMATIC PRACTICE



THE INNER COMPASS



MINDFUL WARRIOR TRAINING

1

LISTENING THROUGH THE BODY

**THE BODY EXISTS ONLY IN THE NOW. A STATE BEYOND
THOUGHT, SPACE, AND TIME.**

The body is part of a greater rhythm - interwoven with the principles, cycles, and forces of the universe. It carries within it the intelligence of nature, expressed in every movement, every breath, every heartbeat.

When we learn to listen to the body, it leads us out of the noise of the mind and back into the honesty of the present moment.

For the body can only exist in the now –
and through it, we find presence, grounding, and truth.

[BOOK HERE](#)



2

INTERNAL MARTIAL ARTS

THE ART OF ENERGY IN MOTION. LEARN TO MOVE WITH THE
FORCES WITHIN AND AROUND YOU.

Once we learn to listen to the body, we begin to sense the subtle energies moving within it - currents of gravity, breath, emotion, and intention that shape every movement and experience.

Internal Martial Arts teach us to move these energies - to channel, balance, and harmonize life's forces of the outer and inner world, not by controlling them, but by moving with them.

We learn to cooperate with gravity instead of resisting it, to align with pressure and flow rather than fighting against them. The body becomes an instrument of energy and harmony.

[BOOK HERE](#)



3

SOMATIC PRACTICE

The art of healing through subtle movement and re-organizing the body.

Somatic Practice invites you to perceive the subtlest movements within the body – tiny impulses that often lie beneath the surface, yet form the origin of all movement and expression.

There lies the key: by becoming aware of these fine impulses and allowing them to re-organize naturally, the body begins to release chronic patterns of tension and discovers a new sense of freedom and flow.

This process is not an effort, but an awakening - the nervous system learns to let go, to regulate itself and to return to its natural state of balance.

[BOOK HERE](#)



4

THE INNER COMPASS

A clear model for inner guidance - beyond confusion.

The inner compass helps you distinguish clearly between instinct and intuition, sensation and emotion, thought and feeling.

When you learn to recognize these inner signals, clarity arises where confusion once ruled. You begin to understand when to trust your body and when old patterns, fear, or conditioning are speaking instead.

This deepens your trust in your inner perception. It is a path toward self leadership and awareness - learning to orient yourself from within, rather than being guided by external stimuli, expectations, or thoughts.

[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 **Embodiment 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 december



Path of the Mindful Warrior*

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

Module 2: **Altered States of Consciousness** (Infos & Dates).

Module 3: **Embodied Awareness**

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 THIS MODULE

DATE & SCHEDULE

February 13 – 15, 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

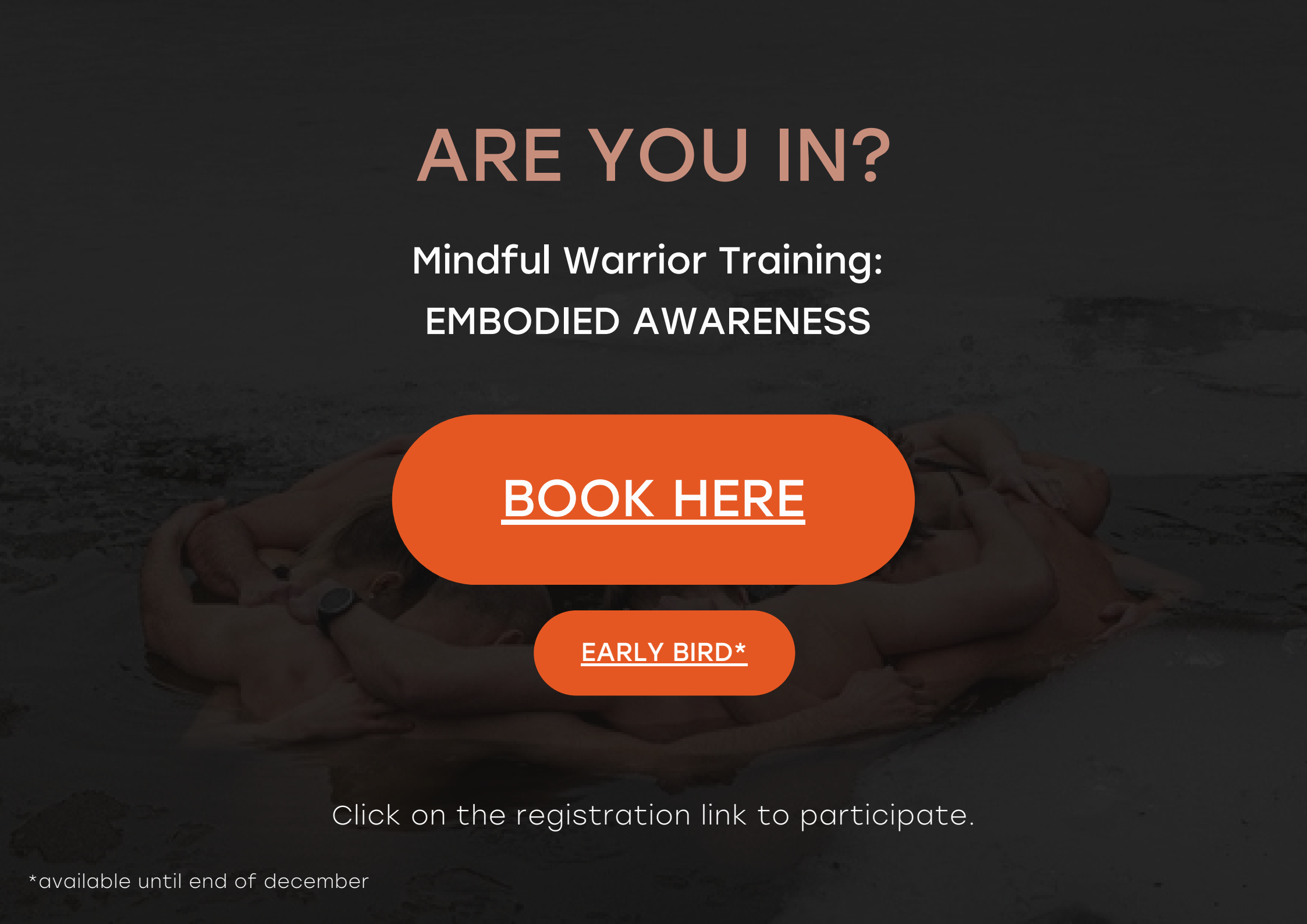
2-bed room: €40 / night

Single room: €80 / night

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

Alternative date: 29. May - 31. May 2026



A person is lying on their back on a sandy beach, performing a yoga pose. Their arms are extended upwards, and their legs are bent at the knees, with feet flat on the sand. The background shows a sunset or sunrise over the ocean, with a dark, silhouetted horizon and a warm, orange glow. The overall scene is peaceful and serene.

ARE YOU IN?

Mindful Warrior Training:
EMBODIED AWARENESS

[BOOK HERE](#)

[EARLY BIRD*](#)

Click on the registration link to participate.

*available until end of december