



MINDFUL WARRIOR TRAINING

EMOTIONAL MASTERY MODULE

20. - 22. MARCH 2026

or 19. June - 21. June 2026

Waldviertel (Austria)

TRANSFORM YOUR EMOTIONS INTO GUIDANCE, WISDOM & ALIVENESS

Learn to **navigate** your **emotions** with **precision**.

Discover how to **map** your **inner world** and how to enter **into dialogue** with your **inner healer**.

The **Co-Healing Method** is an **immediate** and **powerful way** to **break free** from **self-sabotage** and **emotional patterns**.

HOW to set **clear boundaries** and **communicating needs** while **cultivating connection** and **depth**.

THE EMOTIONAL
COMPASS

THE INNER HEALER

THE CO-HEALING
METHOD

NEEDS & BOUNDARIES



1

THE EMOTIONAL KOMPASS

A clear system to understand what you feel, why you feel it, and how to respond constructively.

When you learn to understand the language of emotions, confusion turns into orientation, and reaction into awareness.

The Emotional Compass gives you a clear model to distinguish between emotion, feeling, instinct, and intuition. Through this awareness, you begin to see which reactions stem from old patterns and which are true expressions of your authentic self.

With this clarity, emotions transform into guides - showing you what you need, what truly matters to you, and leading you, step by step, toward inner freedom and self-leadership.

[BOOK HERE](#)



2

THE INNER HEALER

Within you lives a complex system of voices, needs, and emotions - each one carrying its own perspective, memory, and desire to be understood.

The Inner Healer knows how you to map these inner parts, to communicate with them, and to bring them into cooperation instead of conflict.

This process is not about fixing yourself, but about listening, integrating, and leading - like the CEO of your inner world, who brings clarity, order and compassion to every part of the inner team.

As these inner aspects begin to reconnect and work together, you awaken a natural sense of wholeness, strength, and self-trust. The foundation for lasting emotional healing and balance.

[BOOK HERE](#)



3

THE CO-HEALING METHODE

**A highly effective way to break through self-sabotage
and emotional patterns.**

Deeper healing happens not in isolation, but in connection - through the presence of another person who can simply be with us, without judgment and without the attempt to fix anything. We all carry these potential inside of us.

When we are seen and energetically held in this safe, compassionate space, something begins to shift on its own. The body relaxes, the heart opens, and emotion transforms.

The Co-Healing Method brings these principles into everyday life – offering a clear and practical protocol to heal difficult emotions at their root, through connection and presence.

[BOOK HERE](#)



4

NEEDS AND BOUNDARIES

Many of us never learned to truly feel our boundaries or voice our needs.

Out of fear of rejection, conflict, or loss, we adapt and suppress – slowly accumulating layers of emotional tension and self-betrayal.

Just as healing means releasing stored emotion, emotional maturity means not creating new pain.

When we learn to honor our limits and communicate our needs with honesty and care, we create space for clarity, trust, and self-respect.

This practice is not about separation, but about connection because real intimacy arises where we stay true to ourselves while remaining open to one another.

[BOOK HERE](#)



CLEAR PRINCIPLES TO CULTIVATE A SAFE ENVIRONMENT TO GROW

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 the Emotional Mastery Module***
- **Healthy, biological Food**

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

FREE EXTRAS:

- The mindful warrior **Emotional Mastery 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



Complete path of the Mindful Warrior*

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

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

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

Module 4: **Emotional Mastery**

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 FOR THAT MODULE

DATE & SCHEDULE

March 20 – 21, 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: 19. June - 21. June 2026



ARE YOU IN?

Mindful Warrior Training: The Emotional Mastery Module

[BOOK HERE](#)

[EARLY BIRD*](#)

Click on the registration link to participate.

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