



# MINDFUL WARRIOR TRAINING

Special Forces Module

28. - 30. November 2025

or 10. April - 12. April 2026

Waldviertel (Austria)

# FROM CHAOS TO CLARITY

**Master fear** and **stress** through real-life challenges - not in theory, but in direct experience.

**Activate** your **primal life force** and **will to live**, discovering what truly lies within you.

**Explore** unknown **mental & physical limits** safely and consciously.

Through mindful **resilience drills** and **exposure** to the **elements**, you develop **adaptability** and **awareness** – learning to stay centered in the midst of chaos.

\*This training was developed from my own experience in the Special Forces and adapted to meet the challenges of everyday life.

WATER TRAINING

COLD. HEAT.  
HEIGHT. EXPOSURE

PARTNER-DRILLS &  
TACTICAL SCENARIOS

ORDER & CHAOS



# 1 SPECIAL FORCES WATER TRAINING

The water teaches us to master the mind through control of the breath.

Water mirrors your state – it reveals where tension and escape reflexes lie. We train presence in the unknown: the ability to stay calm in the storm.

In the water, we learn to control the breath. Breath control becomes the bridge between body and awareness, between instinct and clarity.

The world's most elite special forces and athletes use the power of water training, because it teaches calm under pressure, focus in chaos, and balance between tension and surrender.

[BOOK HERE](#)



**2**

## COLD. HEAT. HEIGHT. EXPOSURE.

The most resilient warriors are forged in the most hostile environments.

Cold, heat, and altitude are gateways to self-realization. They confront us with the limits of body and mind – and reveal what lies beneath: pure presence.

These elements are not enemies, but teachers. They sharpen perception, will, and self-mastery. The deeper you open yourself to them, the clearer you become within.

The breath remains the anchor when cold, heat, or altitude challenge us. These demanding environments offer deep insight into the connection between breath, body, mind, and emotion.

[BOOK HERE](#)



**3**

## PARTNER-DRILLS & TACTICAL SCENARIOS

### SHARPEN YOURSELF THROUGH CONTACT WITH ANOTHER

Develop strategic awareness, adaptability, focus, and heightened perception.

Use partner exercises and tactical-scenarios as a reality test for body and mind.

Expand your awareness through contact, resistance, and cooperation.

Alone you move faster – together you move deeper.  
In relationship, we discover our limits and our shadows –  
and learn the art of inner and outer alchemy.

[BOOK HERE](#)



## 4 Order and Chaos

### BRING STRUCTURE AND CLARITY INTO YOUR LIFE.

How to direct your energy with precision – without burning out.

How to transfer the principles of training into daily life, relationships, and work.

How to move from procrastination and overwhelm into action and self-realization.

Prepare. Execute. Integrate. This is the rhythm of the Mindful Warrior – the path from reaction to conscious action.

[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 the Special Forces Training\***
- **Healthy, biological Food**

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

## **FREE EXTRAS:**

- The mindful warrior **special forces integration online course** (**worth 500€**)
- A **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 october



# Path of the Mindful Warrior

Module 1: **Special Forces Training**

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

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€ Standardprice)

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 SPECIAL FORCES MODULE

## DATE & SCHEDULE

November 28 – 30, 2025

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](mailto:info@mindfulstrength.at)

**Alternative date: 10. April - 12. April 2026**



# ARE YOU IN?

## Mindful Warrior Training: Special Forces Module

[BOOK HERE](#)

[EARLY BIRD\\*](#)

Click on the registration link to participate.

\*available until end of october