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WANTS

RETREATS

REDISCOVER

REFRESH





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**MANS**

**RETREATS**

**REDISCOVER**

**REFRESH**

**Are you looking for the right setting  
for an inspiring retreat  
with your Management Team?**

**MANS has a number of venues and  
programs for an  
unforgettable retreat.**

**This brochure shows you two  
examples of locations and  
facilities.**

**For a tailor-made cost estimate,  
just contact MANS!**



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# AND REDISCOVER





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AND

REDISCOVER

**Are you looking for a retreat at 'high' level?**

**MANS can offer you a retreat in the Scottish 'highlands'. Here, you'll be able to conquer both kinds of 'hills' – the natural ones and your own internal challenges. Discover nature and discover yourself!**

# AND REDISCOVER

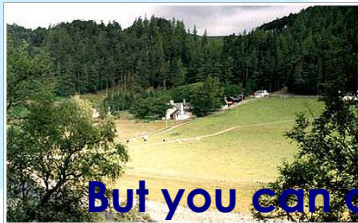
## Location:

You stay in a lodge on the Cawdor Estate.

The Cawdor Estate is located in a former hunting lodge. Style, authentic furnishings and first-class service will make your stay a real experience.



The lodge and its surroundings merge seamlessly together.



Cawdor Estate has a business center for your meetings.

But you can also enjoy relaxing next to the open hearth with a good book and the view over the Findhorn River.

AND

REDISCOVER

## Workshops:

You will have a unique opportunity to take part in workshops given by Mary Inglis, co-founder of the Findhorn Foundation. She gives individual and group development courses worldwide.

## Discover yourself in these workshops:

- ☆ Connecting with Nature;
- ☆ Connecting with Others;
- ☆ Connecting with your Self;
- ☆ Connecting with your Spirit;
- ☆ Framework Coachings Proces (FCP). This method is related to the well known Transformation Game, involving creative interaction and searching for innovative ideas for work-related issues.



FINDHORN  
FOUNDATION

The workshops are held at the unique location of the Findhorn Foundation.

# AND REDISCOVER

## Activities in the surrounding area:

- ☆ Take a **walk** led by a professional guide who has an intimate knowledge of the region. Enjoy superb panoramas of the Cawdor Estate, which extends for 20 miles.

- ☆ Catch your own **fish** in the Findhorn River.



- ☆ Experience the rugged Scottish landscape in a **4-wheel-drive** tour highland tour.

- ☆ Visit a **whisky tasting** and sample the centuries-old tradition.





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**Price indication:**

**Prices depend on the composition of your  
program.**

**For a detailed cost estimate, please contact  
MANS at tel.: 088 – 605 48 49.**

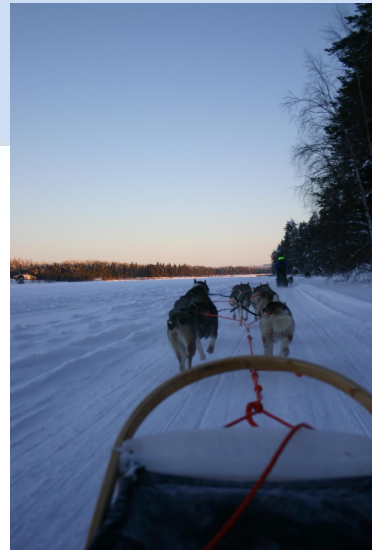
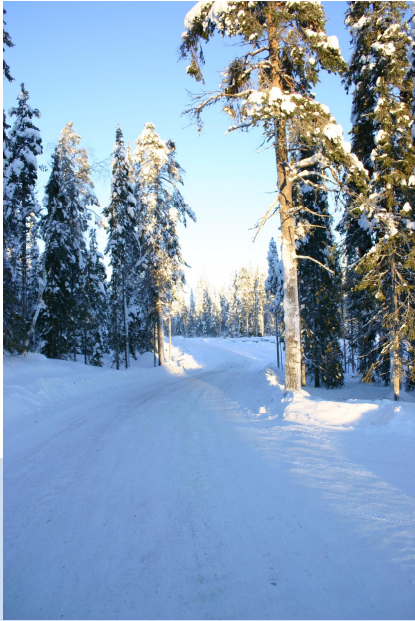


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REFRESH

**Are you looking for a refreshing location for your retreat? MANS offers you a retreat in the white wonderland of Finland. Combine your retreat with activities in the snow, and warm yourself at the open hearth or in the sauna. Refresh your body & mind!**

### Location:

Finnish Lapland is located on the Arctic Circle. The land of the original Sami people is extensive and breathtaking, and makes an excellent base for a special winter adventure.

Finnish Lapland has a 'population' of 500,000 (most of whom are reindeer).



You will stay in a romantic, authentic log cabin, which of course has an open hearth and sauna.



ND

REFRESH

## Workshops:

**MANS can arrange an inspiring workshop program for you. Some of the subjects from which you can choose include:**

- ☆ **REFRESH your memory: better learning with mind mapping**
- ☆ **REFRESH your mind: how your brain works**
- ☆ **REFRESH your organization: open mind management**

**Of course we can also provide a tailor-made program for you.**

## Activities in the surrounding area:

☆ Take a tour of a silent white world on a **husky safari**.

☆ Feel the ice-cold air on your face, see the frozen lakes... this **snowmobile safari** is a high-speed sensation.



☆ Waiting patiently over a hole in the ice for your catch. Your reward is a delicious grilled fish around a warm camp fire after **ice-fishing** in the cold.

☆ Discover the surroundings during a **snowshoe walk**; you need to get used to it at first, but it's well worth the effort.





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