

Slowing Down in Academia

DATES:
DAY
LOCATION:

TIME 1,5 UUR
INVESTMENT: 12,50 EURO

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Workshop Coaching with Horses for students

LOSE YOUR MIND.... AND COME TO YOUR SENSES (FRITZ PERLS)

You've been pushing yourself beyond your limits. You tell yourself it's "not that bad," you "just need to get through this week," you "only have one more deadline"...

But your body has known for a long time that you're crossing your boundaries. And honestly? You know it too — you just ignore it. Because right now, you "don't have time" right? But meanwhile...

- You sleep worse
- Your breathing sits high
- Your concentration drops
- You're constantly switched on

In this workshop, we stop that pattern. Here, you will *experience*, and *acknowledge* what your system has been trying to tell you.

Rest is no reward, it is your fuel

A Workshop by Josien de Klerk & Herti Haar

What we actually do (and what you gain)

1. You discover how your body shows stress — long before you notice it. Horses respond instantly to subtle signals you no longer feel yourself. No theory. No apps. Just pure, honest feedback.

2. You see (live!) how your energy shapes contact. Horses show you with absolute clarity when you're trying too hard, feeling too little, or pushing past yourself. They also show you when you're aligned.

3. You learn how your system reacts when you slow down — so you can regain grip on your energy. You'll sense where tension sits, where you block, where you leave your body — and how to come back.

4. You experience how much calm you regain when you stop living only in your head. More space, more clarity, more breath. And from there, you can take on life again.

LOSE YOUR MIND... AND COME TO YOUR SENSES — literally.

