

# TIME-OUT WITH YOYO

## An inspirational inner journey



## Bogor weekendworkshop

February 28<sup>th</sup> 9:00 p.m. - March 2<sup>nd</sup> 5:00 p.m.

### **Time-out**

Taking quality time for yourself – however busy you are and however long your to-do list is – is vital for a balanced life. Both daily breaks and longer periods of self reflection contribute to a feeling of well-being.

The workshop ‘Time-out with Yoyo’ is a good opportunity to withdraw from work stress and the daily grind and come home to yourself. Turning inward you can make a clean sweep and check whether you are still aligned with your soul purpose.

### **Awakening**

Yoyo’s extensive experience (since 1990) as a catalyst for spiritual awakening, together with the alchemy of the open exchange between the participants, make for a refreshing and inspiring exploration of the senses, the heart and the mind.

This workshop will help you remember who you really are.

The highly personalized programme is attuned to the situation and ‘hot issues’ of the participants.

We work with verbal and non-verbal interaction, yoga, massage, role play, emotional integration, mind shifting and meditation.

## Themes

- Relaxing the body/heart/mind
- Relieving old hurts
- Dropping (self)judgment
- Improving your relationship(s)
- Making new friends
- Taking stock of your talents
- Shedding light on your work situation
- Getting clear on what you wish to realize or accomplish in your lifetime



## About Yoyo



Yoyo van der Kooi is an awarded fine artist, body-oriented psychotherapist and writer. Having studied and personally experienced the wisdom of both Eastern and Western traditions, she sometimes defines herself as a ‘spiritual midwife’.

In Arnhem, The Netherlands, she runs a centre and a practice for self unfolding and talent development. She has given workshops and retreats in Europe, the US and Asia and is available worldwide wherever clarity is needed.

## What participants say about this workshop

- “A real breakthrough.”
- “Tears of gratitude when I woke up the next morning.”
- “The world looks quite different now.”
- “There was no sense of time anymore.”
- “Thank you beautiful Yoyo, for sharing your love and brightening my life.”
- “I feel that I am present more than ever.”
- “I like the lightness and the humour.”
- “I used to think: ‘I want to be free’. Now I know: ‘I am free!’
- “The unfolding of an all-embracing love.”

For background information about Yoyo and her centre for self unfolding ‘The Laborint’ have a look at: [www.yoyo.nl](http://www.yoyo.nl).

## Location, investment and times

Locaton: Bogor.

Participation fee - excluding board and lodging (2 nights) - Expats € 120,-;  
Indonesian natives: € 60,-.

Start: Friday, February 28th, 9:00 p.m. End: Sunday, March 2nd, 5:00 p.m.

## Information and booking

Mail to: [info@laborint.nl](mailto:info@laborint.nl).

Mobile phone/sms: 0878-63000399. Landline: 021-71792925.

Centre for Self unfolding and Talent development  
**THE LABORINT**  **ARNHEM NL**