

## **WORK & RELAX**

Winter 2021

### **Programme**

29th

#### ARRIVAL TIME

This day is to settle on the Island, to enjoy the richness of the Ocean, the rocks, the air... It is your moment to breathe in deeper and breathe out slower than usual. No rush (neither now, nor tomorrow... Life is short, no need to rush through it :)

Let us know your arrival time and the rest will unravel...

Whenever you're ready, you can join the regular schedule as follow:

#### **WORK TIME**

10:00 - 13:00

Get your work done in a creative working space.

If you work remotely, [The Lodge](#) is one of the most creative spaces to work in. Of course, you are more than welcome to explore cafés in Sliema or Valletta and work there. If you are an artist, feel free to use the yoga room to practice your text/ dancing routine/ do a casting. Whatever you need for your remote work, we are here to help!

#### **STRETCH YOUR MIND** guided by Mia Raz

13:00

Relaxation is the base for efficiency and effectiveness at work.

We will guide you through a 20-minutes body stretch and mind relief.

Get your drink, healthy snack afterwards and go back to work!

#### **About [Mia](#):**

**ACTRESS/ SINGER-SONGWRITER/ YOGI**

Her music is a fusion of Avant-Pop, Pop and Electronica. Mia studied performing arts from a very early age. While living in Warsaw, she got her first break starring in commercials for T-Mobile, Samsung, Coca-Cola. After studying performing arts and acting at one of the top Drama Schools in the UK, ArtsEd in London, Mia met Brando Walker – her current music producer, with past credits that include Pixie Lott, Toni Romiti, Izzy Bizu & XamVolo, to name a few. During her teaching training at [Creature Yoga](#) in Byron Bay Australia, Mia quickly discovered the power of combining yoga practice with voice exercises in order to speak and sing freely. Mia's debut album [M-Ocean](#) emphasizes the importance of self-care, including physical and mental wellness.

More about Mia: [MIARAZ.COM](http://MIARAZ.COM)

## LUNCH TIME

We suggest you stop your work now and get a proper energy filler.

We do not provide lunch, which is a nice reason to visit other interesting places on the island. We will recommend some food destinations.

## REST AFTER LUNCH

For better digestion, we recommend BREATH AWARENESS followed by a gentle walk, journaling, or reading. Use this time to reflect, relax, possibly alone... There's never a better way to learn about yourself than being on your own. We are used to noise. We have learnt how to manage a busy life, how to accomplish big tasks...which is great! Do we know how to be silent? Do we know how to quiet our mind? Do we know how to let go of the physical and mental tension? This time is to find your quiet moment.

*More about breath work and mindfulness will be included in yoga, voice classes, and meditation.*

## BODY ALIGNMENT with Conrado Enrique

20:00 - 21:00

About [Conrado](#):

YOGA TEACHER

**Conrado** discovered Yog(a) in Australia in 2011. To him Yog(a) allows us to re-discover how to be in our body, this perfect, conscious machine that we're born with-in. Yoga develops strength, flexibility, awareness... Through yoga we can evolve further and create the "union". Conrado will help you to align and ground your body. His vast, international experience in yoga, body workout, meditation, will immediately make you feel that you are in good hands, surrounded by a great spirit.

*Our book recommendation about the unity between our body and our state of mind:*

[Bioenergetics](#) by Alexander Lowen

30th

## MEDITATION & MORNING STRETCH guided by Mia Raz

8:00 - 8:30

Get ready for the day! The first moments after we get up have a huge impact on our entire day. Before we take care of our to-do-list, It is beneficial to clear the mind from all the bombarding thoughts and set an intention for the day.

## BREAKFAST

8:30 - 10:00

Seasonal fruit and veggies, fresh bread, freshly squeezed juices, coffee, with vegan options. Tell us your food preferences in advance and we will get it ready for you.

## WORK TIME

10:00 - 13:00

Discipline is the mother of freedom.

We know the taste of a sweet escape from what is daunting. Learning self-discipline, persistence, patience combined with relaxation, can transform our lives the way we would never feel miserable again. It is about balance... To get your work done you do not have to be hunching over your laptop all day long, until you collapse on your bed and wake up the next day with a tight body and cloudy mind.

If you feel like that, there is never too late to replace your bad habits with the good ones! Doing a lot of breaks during your work, stretching and exercising your body, relaxing (lying on your back on the floor/ [Yoga Nidra](#), for 5-30 minutes gives you an energy boost stronger than a double espresso), make you more focused and more productive. Overworking yourself may give you only short-term benefits. No one, nothing, any kind of success would ever bring your vitality back if you lose it while... working for that success. Trust your natural body and brain responses. Your body knows better when to “go” and when to “stop”. You just need to listen to it attentively. Be sensitive and gentle to yourself. Notice that we are all different from each other. Therefore we all have different needs, different limitations, our body clocks are different too.

## STRETCH YOUR MIND guided by Mia Raz

13:00

Relaxation is the base for being efficient and having more life balance.

We will guide you through a 20-minutes body stretch and mind relief. Get your drink, healthy snack afterwards and go back to work!

## LUNCH TIME

Charge your batteries with a good quality, local food. Malta is rich with naturally grown fruit and veggies. Getting enough vitamins and minerals from food is the key to well-being. Nowadays we are overloaded by diet supplements, medicines, workout programs, biohacking, and more. Do we need all that? Do we need to work more to earn more and thus to afford all the supplements that are supposed to make us feel and look better? How about simplifying your diet by eating only as much as your body needs, eating seasonal, well made food, working less, sleeping more, moving more?

Instead of spending money on another coffee, sandwich, sweets - to get more energy, and then alcoholic drinks to relax, drink a homemade green tea and move/exercise every time you feel sluggish. Try it!

*SEASONAL MALTA FRUIT AND VEGETABLES IN THE WINTER TIME:*

*artichokes, broccoli, brussel sprouts, cauliflower, chayote, endives, fava beans, fennel, garlic, green onions, long marrows, olives, radish, spinach, leek, grapefruit, mandarins, oranges, pomegranates, strawberries, winter melon*

## REST AFTER LUNCH

Find your quiet moment by the Ocean...

You can visit [Fort St. Angelo](#), 5 minutes away from The Lodge, to feed your eyes with a beautiful view of Malta's capital - [Valletta](#), as well as [Sanglea](#). The latter is one of the [Three Cities](#), next to [Cospicua](#) and [Vittoriosa](#).

You can see the location, Fort St. Angelo, in the latest music video from Mia Raz:

<https://youtu.be/UJXXqNIN8i8>

## WINE TASTING with Dorian

20:00

Get to know more about wine and try the flavours from all over the world.

About [Dorian](#):

RADIO & TV PRESENTER/ AIS SOMMELIER/ OWNER of THE LODGE

He will not only take care of your comfort at the hotel, he will also share some of the Maltese history with you, guide you through the island, and give you a crash course in wine... tasting ;) In 2019, Dorian transformed the event and radio space into the boutique hotel that has been a compelling place for people from around the world. His individual approach to guests makes them always feel like home.

**Sleep well...**

*We recommend the book:*

[Why We Sleep](#) by Matthew Walker

**31st**

**MEDITATION & MORNING STRETCH** guided by Mia

8:00-8:30

Long term happiness is nothing that you can get for Christmas or your birthday. You cannot even get it on your wedding day... 😊 It is your resilience. It is your love. It is your responsibility for taking care of yourself as the base for anything and everything else.

Happiness is a state of mind. It is an attitude. It is a choice. Make this day your happy day! Do not wait for others to do it for you. Do it for yourself and for others :)

*To reflect on the topic of happiness and resilience we recommend the book and the film based on it:*

[Desert Flower](#) by Waris Dirie

Film [Desert Flower](#) by Sherry Hormann

Songs:

[Strength Courage & Wisdom](#) by India Arie

[Fuck The Ending](#) by Mia Raz

[For Julian](#) by Dua Lipa

## **BREAKFAST**

8:30 - 10:00

Good food = good mood!

Making sure that your brain and body are filled with nutrients is essential to feel energised, happier, more productive. As you probably know, a quick dopamine boost by eating saturated fats, confections, a lot of bread, sugary drinks, can only boost your mood (if at all) for a short moment.

## **WORK TIME**

10:00 - 13:00

Any success, any reward, any pleasure tastes better if you work for them. Let's make that work flow! Increase your dopamine level by getting enough sleep, eating good quality food, listening to music, and getting enough sunlight. Believe or not, that is enough to make you feel energized and ready for work.

*Our recommendation for a background music for work:*

[Ky Do Mar](#) by Studnitzky

## **VOICE OUT** guided by Mia

13:00

Your voice is your business card. It says everything about who you are. It represents you everyday.

20-minutes voice warmup will help you to find more ease in using your voice. It is an introduction to the evening session which will explain more about the anatomy of voice and the power of using the voice freely.

*Read more about voice in the book:*

[Change your voice. change your life](#) by Dr. Morton Cooper

## **LUNCH TIME**

Get your natural energy boost!

Freshly made plant-based meals, with seasoning and cold pressed oils, is the simplest yet most energising food. Let's simplify your diet while taking care of your environment. Small portions and at least a 3-hour gap between the meals, will allow your body to digest it well.

*To deepen your knowledge on how to eat healthy, check out the book:*

[How Not To Diet](#) by Michael Greger

## **REST AFTER LUNCH**

We suggest a short [ferry trip](#) to other cities, such as Valletta, Sliema. Ferry departure is every 30 minutes from the spot nearby The Lodge. Tell us what you'd be interested in experiencing in Malta, and we will guide you accordingly.

**YOGA & VOICE** guided by Mia  
18:30-19:45

A fun-filled session based on yoga & voice warmup, will help you to find more ease in your voice and body.

*Voice out what you want to bring to the world (...) Your voice is your fire. Your voice is to inspire (...)*

The fragment of Mia's song [Fire Me](#) is a statement of finding the courage to speak out about what we want from life. It is about hearing our inner voice first, to understand what our vocation is. In order to put our dreams into action, our talents into work, we surely need to verbalise a lot... To do so, we should use our voice freely and organically. This session is an introduction to a daily vocal warmup and body opener that you can fit into your busy schedule.

**1st**

**MEDITATION & MORNING STRETCH** guided by Mia  
8:00 - 8:30

Tune into your breath, sync with your body, experience the pleasure of being present and alert.

*To deepen your knowledge on the power of staying present, we recommend techniques and books from:*

[Sanford Meisner](#)  
[Patsy Rodenburg](#)

**BREAKFAST**  
8:30 - 10:00

To find out what's the best diet for you, first, you need to understand your body and your hormones.

*To deepen your knowledge on diet we recommend the books by authors:*  
[Michael Greger](#)  
[Alisa Vitti](#)

**WORK TIME**  
10:00 - 13:00

Focus more, work less.

*To deepen your knowledge on concentration we recommend books:*

[The Art of Learning](#) by Joshua Waitzkin

[Greenlights](#) by Matthew McConaughey

[The Art of Vinyasa](#) by Richard Freeman,

**MEDITATION** guided by Mia

13:00

20 minutes in stillness and silence can transform your day significantly. Some of you might be resistant to believe so, to try it... Once you do it, and repeat it for at least 21 consecutive days, you will feel and see the impact of it in your everyday life. Yes, it is that simple. No, it's not magic :) It is simply relaxing your body by doing nothing. Instead of thinking of the next task, creating opinions about the world around you, concentrate on the breath, the present moment, nothing else... Voilà!

*To dive into the topic of meditation, we recommend the talks and books from [Osho](#)*

**LUNCH TIME**

15:00

Get a proper energy filler in local restaurants. Watch your self-discipline: instead of eating with your eyes 🙄, stop after a small portion, breathe deeply and notice if you are still hungry.

Ps. Your body needs around [20 minutes until you feel full once you start eating](#). It is essential to slow down with chewing, swallowing. Breathe deeply. Rest in stillness for at least 5 minutes after finishing your meal.

**REST AFTER LUNCH**

Today, your after lunch moment can be used in a creative way. Since you meditated earlier you might feel calmer and thus concentrate better. If you have some creative work to do, try to transform your vital energy into that. You are more than welcome to play one of the records from The Lodge collection and get inspired by the music from different times...

**CONFIDENCE BOOST** with Luke

19:00

Your body is your business card. It represents you everyday. Your body language and body movement say everything about who you are.

Explore your body in movement, and find an organic way to walk, dance, and express yourself!

Luke Brincat, a dancer specialising in [Vogue Dance](#), will take you on the journey of self-confidence through your body. You will discover that dancing does not necessarily mean just dancing... It is more about finding courage to move the way you are, the way you dare to be.

About [Luke](#):

**DANCER/ CREATOR of [DanceLab](#) in MALTA**

Luke has a broad experience in dancing. His passion for Vogue dance is interwoven with his strong statement of self-acceptance, self-confidence, the freedom to be who you are, who you want to be, regardless of social norms, prejudices, and criticism. Luke's love for dancing can be clearly seen in his performances. He shares his passion and knowledge with others through his classes, workshops, and social media posts.

**2nd**

**MEDITATION & MORNING STRETCH** guided by Mia

8:00 - 8:30

*About maximizing your productivity, physical & mental health with daily tools:*

[Huberman Lab](#)

**BREAKFAST**

8:30 - 10:00

Less is more!

[The less you eat, the more energy you have.](#)

The more and heavier we eat, the more energy we use to digest it.

Therefore, when we eat more than we actually need, we feel tired. Observe your body.

Notice how you feel after each meal. Reflect on it, write it down. Notice what type of food, what amount of food makes you feel energised, tired, good, bloated, e.t.c. Often, we need only a little tweak to make a big change in our lives. Maybe it is a cup of coffee you're having straight after lunch that makes you tired, maybe it is an unnecessary piece of chocolate, or a smoothie with too many ingredients in it...

Observe... Reflect... Improve.

**WORK TIME**

Music and love are the best soothers...

Do not be shy to play music records in the background. Make the hardest work a pleasure.

You have already explored the joy of using your voice and body freely. Now you can trust yourself more. You can get things done while enjoying your breath, your every move. Past is in the past. The future will never come... We are experiencing the present moment exclusively. Let's make that moment luxurious... ;)

*Music recommendation for new inspiration:*

[John Travolta](#) by Brando Walker

[Encouragement](#) by Wayne Tucker

[An Ocean Apart](#) by Julie Delpy

[Universal Conspiracy](#) by Tonee Heart

[Great Spirit](#) by Whitewolf

**MEDITATION BY THE OCEAN** guided by Mia



13:00

40 minutes (including the walking time to the shore and back to the hotel) sitting meditation by the Ocean.

Expand on your concentration. Explore your mindfulness. Hone your patience. There are a myriad of possibilities of how you can experience this time.

Enjoy the NOW! Voilà!

Get your healthy snack, drink afterwards and go back to work!

Or maybe you do not even need it this time as you feel satisfied by the meditation experience...? Try it, check it for yourself. There's neither right nor wrong!

### LUNCH TIME

Enjoy your meal!

*Dive deeper into health:*

[Wim Hof](#)

### REST AFTER LUNCH

Shall we have a swim?

We can take you to a beautiful spot in [Marsaskala](#).

It is no longer summer, but a quick swim will surely energise your body and mind.

Ps. COLD SHOWER/ SWIM

You have surely heard about the benefits from taking a cold shower or having a cold swim, haven't you? Start with a quick session. 30-60 seconds after your warm shower will stimulate your brain, senses, and improve your immune system.

### MUSIC LOUNGE

19:00

An intimate music performance from Mia Raz and her surprise guest :)

Join the empowering music from Mia's debut album [M-Ocean](#) with your freestyle dance and vital energy!

### 3rd

Depending on your departure time, join the activities that fit your schedule.

We will start the meditation at 8:00.

After breakfast, we will be ready to reflect on the past days with you, if you wish.

If you would like to deepen your knowledge about self-growth, concentration, self-discipline, yoga, body and voice awareness, we are happy to recommend authors, teachers, books, music.

Afternoon yoga session by the Ocean 🌊 will get your body and mind ready for the travel.

Ps. More is more... :)

If you are an actor/ model/ content creator/ and need professional photos or videos, we can recommend a videographer/ photographer. Bookings possible in advance. Fees for the additional classes apply.

## **Ps. 2**

None of the activities from the programme are obligatory. It is your choice if you follow our suggestions or not. Feel free to just stay at The Lodge and spend this time the way you want. It is your time. Follow your instincts! Follow your needs!

## **PRICE**

€1400 - one person, double bed room

Price includes accommodation at The Lodge, breakfast, snacks and drinks available all day, all the classes/activities from the programme, transport for the group swimming

## **Couples/Friends**

€700 (per person) - two people, one double bed room

## **Early birds**

€1100

## **How to get here from the airport:**

Easy & Cheap - [Bolt](#), download the app, select destination, and voilà!

Price - €6-€14 one way

Travel time - 15-30 minutes (depending on traffic)

More shuttle services available on the [airport website](#)