

Journey of innerstanding

Immerse yourself in a one-of-a-kind journey that helps you focus on understanding and transforming yourself. Four online sessions over the course of a month.

March 2023



Martin van de Pas

Interests: Personal development, spirituality, meditation, metaphysics, psychedelics, yoga.

BA in Company and Consumer Studies from Wageningen University. MA in International Business, specialisation Organization, Management, Change and Consultancy, from Maastricht University.

key2advance

Trainer & Facilitator

Martin is a growth facilitator with the mission to support young people in shaping their unique life journey.

His academic background includes a BSc in Business and Consumer studies at Wageningen University, a MSc in Organisation, Management, Change and Consultancy from Maastricht University, as well as teaching business at Maastricht University. Outside of his academic studies, Martin has spent five years deeply learning about and embodying the self-help field.

Within key2advance, Martin is responsible for the development and facilitation of various workshops around the topics of leadership, mindfulness and career development.

Outside of key2advance, Martin is the founder of Realize. Together with a small team and various partners he provides workshops to young people around the topic of personal development.

Trainer Profiles

In the realm of self-discovery, a trained professional is your 'map' and expert guide.



Sina Schmitz

As a certified transformational coach, Sina combines her background in social work with yoga and meditation to support others. She's passionate about nurturing potential through trainings and teachings based on her personal experience and journey.



Johannes Lukas Gartner, LL.M.

With a background in law, management consulting and human rights, Johannes is a yoga teacher, a certified coach, a leadership consultant and a facilitator of the Google-born Search Inside Yourself mindful leadership training program.



Natasha Schön, M.A.

Certified coach, trainer and communication specialist. Natasha has a background in writing, storytelling, leadership training and coaching and a personal enthusiasm for personal development and self-discovery.



Martin van de Pas, M.A.

Martin has impacted 1000s of people in the past years by developing and facilitating workshops on leadership and mindfulness, teaching business to bachelor students, and founding his own training and coaching company.

Insights into the schedule

A more detailed schedule will be shared after pre-registrations or upon request.

Everyone is welcome. Whether you're well-being curious, an experienced yogi or meditator, or are just interested in learning more about yourself, this retreat can help you focus on being the best version of yourself for the upcoming semester.

You do not need previous experience to benefit from this retreat.

Reflect on the Past

Your past may be imperfect, but you are standing on its foundation.

Dive into the Present

The present is where you are now. Learn to just be and observe.

Focus on the Future

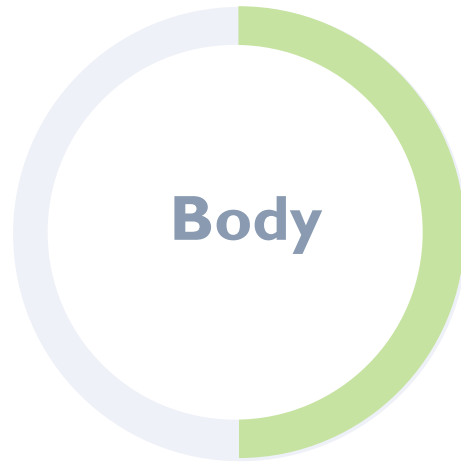
The future is not promised, but envisioning a future is an act of power.

Core Components

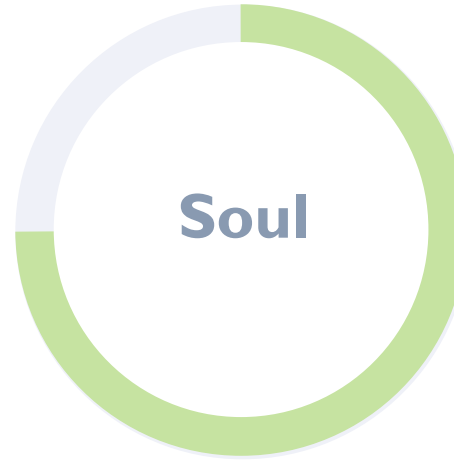
The retreat is structured around these four components



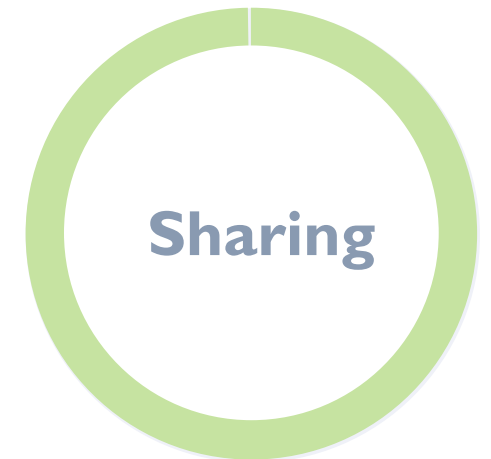
Use various well-known practices such as journaling and reflection to dive deeper into your mind.



Practice being present and aware through whole-body experiences and movement.



Pause. Breathe. Listen. Our meditations allow you to tune-in to what your body and mind are telling you.



Share your experiences and reflections with students on the same journey as you.

BENEFITS



- **Self-Discovery**
You have the opportunity to self-inquire and unravel the layers of your true, authentic self.
- **Reflection**
Get away from a world of distractions to reflect on where you came from, where you are, and where you want to go.
- **Vision, Mission and Values**
Gain insight into your vision, mission and values to move forward with purpose, knowledge & courage.
- **Community**
You connect with a community of like-minded individuals giving invaluable inspiration, friendship, and comfort.