



# **FIRE UP**

## **A PERSONAL JOURNEY OF DISCOVERY**

### **Day 1, Sept 22nd - Arrival**

- Check-in
- Welcome meeting with hosts and trainers to introduce you to the program
- Cooking class with Damirove Gastrolomije at FitCamp Community Kitchen

### **Day 2, Sept 23rd - Time for discovery**

- We give you the choice - Do you want to go on a discovery journey by yourself or an organised adventure with us?
- Our suggestions for an Active Day Trip:
  1. **Canyoning in Canyon Nevidio**, the last discovered canyon in Europe
  2. **Hiking & Jeep safari** in the National Park Durmitor
- Free evening with books and wine/tea – relaxing and preparing for the program start.

### **Day 3, Sept 24th - FIRE program: goals and communication + activities at FitCamp**

- Yoga with FitCamp instructor + homemade breakfast
- NLP background
- The secret to reaching goals successfully
- The power of visualisation and influencing your physiology, mindset and wellbeing
- Law of attraction
- NLP communication model
- Levels of communication
- Iceberg
- Evening for Herbal tea tasting organised by the FitCamp team.



#### **Day 4, Sept 25th – FIRE program: brains and roots + FitCamp activities**

- Breathing Class with FitCamp instructor + homemade breakfast
- How to connect the head, heart and body
- Making choices easier
- Alignment
- Congruency
- Understanding yourself and others better
- Make your move
- The influences of our roots and choosing our direction
- What works for us and what doesn't?
- The impact of family history
- Wine tasting evening organised by FitCamp.

#### **Day 5, Sept 26th – FIRE program: patterns and thoughts + FitCamp activities**

- Yoga with FitCamp instructor + homemade breakfast
- Observation positions
- Limiting and reinforcing beliefs
- Fixed and growth mindset
- How an idea grows into a belief and how to influence this process
- Past, present and future
- Embracing, letting go, acceptance and taking with
- Free evening.



**Day 6, Sept 27th – FIRE program: bodywork and breakthrough + FitCamp activities**

- Homemade breakfast
- Breaking with old patterns to break through in your own life even more
- A step toward the future
- Individual group process
- Live gig at the FitCamp estate (DJ performance) + bonding with the group (campfire, sharing stories, out of the comfort zone).

**Day 7, Sept 28th – FIRE program: reflection, future & completion + FitCamp activities**

- Community Breakfast Making – starting the morning with hosts and coaches
- New focus for the future
- Complete your experience and tools
- Say goodbye
- Free evening with Bonfire & light music.

**Day 8, Sept 29th – Departure**

Check out after breakfast.