

Nirvana®  
Ultimate Body & Mind System

# GLOBAL SUMMIT 2020

Kumarakom, Cochin – Kerala, India  
20.02.2020 - 23.02.2020

# Introduction

Dear Nirvana® family member,

You are cordially invited to attend the next Nirvana Global Summit co-organized by Nirvana® HQ and local Nirvana® representatives.

Place: Abad Palms Resort in Kumarakom, Cochin – Kerala, India

Date: February 20<sup>th</sup>- 23<sup>rd</sup>, 2020

Become a part of the biggest Nirvana® Summit ever organized and join the intercontinental FLOW, the transcendent ENERGY, the endless LAUGHS and amazing practice time with Nirvana® Educational Experts! Meet Nirvana® Instructors, Ambassadors, Mentors and NESes from all over the globe! Learn, enjoy and deepen your Nirvana® knowledge.

We will use this occasion to celebrate Nirvana®'s 5th anniversary and the global breathing awareness day!

Join us in India ... sign up quickly!

Be tuki  
**NirvanaFitness® Team**

100 spaces  
available  
Sign up fast!



# Why you simply cannot miss this ...

1

Get additional education by learning from Katja Zupan, the co-creator and NEX - you will get additional insights into Nirvana's beginnings, story and science with the latest news and future perspectives.

2

Meet the Nirvana® family - the Head Office Team, the co-creator, Experts, Partners, NESes, State Ambassadors, Mentors, Ambassadors, NINs - exchange know how, feedbacks, see how other countries are working with Nirvana®.

3

Deepen your knowledge of the Nirvana® concept and system. Get better with your classes, workshops and marketing of Nirvana® ... Learn the tricks to sell Nirvana® better.

4

Take some time off and have a regenerative and rejuvenating holiday in beautiful India.

# Meet the team ...



## **Katja Zupan**

Co-creator of Nirvana® and Education Expert, Katja is living in Slovenia, the land of Nirvana®. She travelled the world to educate most of our NESes and will be in India at the summit for a NIN refresh and to deepen some subjects during the summit.



## **Meera Nair**

Nirvana Education Expert, international coordinator for Asia, Meera is based in Singapore. She is co-organizing the summit and leading the team on the field, to make this event memorable. Ever since she started working with Nirvana®, she has put all her heart to develop it in Asia, bringing new partners on board and educating new instructors and NESes.



## **Jyothika Dwarakanth**

Nirvana® State Ambassador in India. Jyothika is co-organizer of the summit. She started as an instructor and validated all the steps gradually, being an ambassador, a state ambassador and a mentor. Her involvement to make Nirvana® grow in India makes her an amazing partner to work with.



## **HQ team**

Meet some of the members from the HQ team. Always available for you, silently working to make Nirvana® the best it can be, providing you with the tools you need, they are the hidden part of the iceberg.

# Time to celebrate ...

Celebrate Global Breathing Awareness Day and Nirvana's 5th anniversary with us ... This is gonna be legendary ... don't miss the party!



# Pre-summit program

Wednesday, 19<sup>th</sup> of February

2.00-8.00 pm Instructor training + Refresh course - PART I

8.00-9.00pm Dinner

9.00 pm DeepSleep session

Thursday, 20<sup>th</sup> of February

9.00-5.00pm Instructor training + Refresh course - PART II

*Learn from the best*



With Katja Zupan,  
co-creator of the program

*Only for those  
who follow the  
Instructor training  
refresh!*



# Summit program

## Thursday, 20<sup>th</sup> of February

- 5.00- 6.00pm Arrival of the summit participants
- 6.00-6.30pm Official Welcome
- 6.30-8.00pm Icebreakers / Tribe formation / Setting intentions for the next 3 days
- 8.00-9.00pm Dinner

## Friday, 21<sup>st</sup> of February

- 6.30-7.30am Nirvana Wake Up with the global NES team
- 7.30-8.30am Breakfast
- 8.30-10.30am Nirvana Partner network, career progression and look into the future
- 10.30-11.00am Coffee/Tea Break
- 11.00am-1.00pm Adaptation of Nirvana sequences (technique and practical part) - special population
- 1.00-2.00pm Lunch Break
- 2.00- 3.30pm Building a culture in Nirvana - good examples
- 3.30-4.00pm Coffee/Tea Break
- 4.00-6.00pm Nirvana BreathWalk - Intro theory & practice
- 6.00-7.00pm Break
- 7.00-8.00pm Dinner
- 8.00-9.00pm Tribe Connection



# Summit program

## Saturday, 22<sup>nd</sup> of February

- 6.30-7.30am Nirvana Wake Up with the global NES team
- 7.30-8.30am Breakfast
- 8.30-10.30am Marketing tools and implementation
- 10.30-11.00am Coffee/Tea Break
- 11.00am-1.00pm Nirvana teaching & active kinesthetic correction techniques
- 1.00-1.45pm Lunch Break
- 2.00-3.30pm Marketing: Flow verbiage in Nirvana and broader, look into the future
- 3.30-4.00pm Coffee/Tea Break
- 4.00-6.00pm Live special Bday session stream for the whole Nirvana family
- 6.00-7.00pm Break
- 7.00-8.00pm Nirvana Special Bday Dinner theme party
- 8.00 pm Local show and celebration

## Sunday, 23<sup>rd</sup> of February

- 7.00-7.45am Breakfast
- Nirvana Goodbyes and Departures (NINs)
- NES & Partner meeting





# Packages and fees

**EARLY BIRD**  
until  
30<sup>th</sup> of June

## **- PACKAGE 1 - NIRVANA GLOBAL SUMMIT**

**20-23 Feb. 2020**

Join the First Nirvana® Global Summit and meet Nirvana people from all over the world. Learn, discuss and share about Nirvana® to get the best you can be.

**Early bird: 309 EUR  
Regular: 359 EUR**

## **- PACKAGE 2 - INSTRUCTOR TRAINING REFRESH + NIRVANA GLOBAL SUMMIT**

**19-23 Feb. 2020**

Use the Summit opportunity to refresh your Nirvana® knowledge and get the latest updates by joining the instructor training again, with our NEX and co-creator of the program Katja Zupan.

**Early bird: 529 EUR  
Regular: 579 EUR**

Registration to both packages possible from your NIN profile. For additional questions, contact us at [info@nirvana.fitness](mailto:info@nirvana.fitness)

# Abad Whispering Palms Resort



*This is where we'll be ...*

More photos and info on the resort here.

# Additional info

Both packages include:

- 🌸 **FOOD:** The meals will be served as open buffet, so we do believe everyone will find something tasty and suitable for specific diets and preferences. (Vegetarian & non-vegetarian cuisines). You will enjoy the local specialities during breakfast, lunch , dinner and coffee/tea breaks with snacks.
- 🌸 **ACCOMODATION:** You are going to stay 3 nights in the marvelous air-conditioned rooms with free Wi-Fi. Each room can accommodate two persons. With participation at the Refresh course, you have one additional night included. If you come already on Tuesday, you need to arrange accommodation by yourself.
- 🌸 **TRANSPORTATION:** Local transportation from Cochin to the Summit venue can be assured (both ways - there is an additional cost of 20 USD to be paid on the spot).

## FLIGHTS

**ARRIVAL AT THE AIRPORT:** it takes about 2 hours drive to the Resort, so make sure you arrive early enough.

**SUGGESTED DEPARTURE:** Sunday, 23<sup>rd</sup> of February, noon time, acceptable option Saturday evening (however the event fee stays the same)

### Closest airport:

Kochi International Airport (Cochin)

Possible pick-up points to reach the summit venue:

1. Airport
2. M.G.Road Cochin (city) - (the exact spot will be communicated later)



Arriving one day earlier at night? You can check into any hotels near the airport. Most of them have free shuttle service from airport to their hotels. Here are few suggestions: Sara Hotel Apartment ( Budget), Atlas Airport hotel, Quality Airport Hotel, Flora Airport Hotel, Saj Earth, Golf view, Airlink Castle. They are all very reasonably priced.

**See you there!**



**NirVana<sup>®</sup>**  
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