



INDIVIDUAL PROGRAM

(ADVANCED PROGRAM FOR RETURNING PARTICIPANTS)

MALMÖ, SWEDEN 3 - 4 APRIL 2025

INDIVIDUAL PROGRAM



The Return to Yourself program is a therapeutic initiative that integrates scientific and psychological methods to help individuals access and process suppressed emotions. It employs a combination of breathwork, yoga, and psychotherapy to awaken unconscious feelings and facilitate emotional processing.

The program is structured around daily themes, guiding clients to gradually peel away conditioned patterns, leading to deeper self-awareness and reconnection with their authentic selves. A strong therapeutic relationship between the client and psychotherapist fosters trust, encouraging full participation in the program.

An essential prerequisite is prior individual psychotherapy, ensuring participants are prepared to engage deeply with their core issues. This shared experience among participants promotes a sense of belonging and openness within the group, enhancing the overall therapeutic journey.

The program is thoughtfully designed to meet individual needs and personal circumstances, guiding participants on a transformative journey back to their authentic selves. Grounded in evidence-based methods and principles of Compassion Focused Therapy by Paul Gilbert, it emphasizes the importance of calming the nervous system.

Through physical exercises and breathing techniques, participants learn to slow racing thoughts, fostering mindfulness and present-moment awareness. This process encourages a deeper connection with the body and emotions, allowing individuals to detach from their thoughts and experience their reality authentically.

Central to the program is the exploration of the inner child, helping participants uncover blindfolds that have kept them disconnected from their authentic selves. This self-discovery illuminates personal triggers and behavioral patterns, leading to valuable insights and "aha-moments" that foster self-acceptance and compassion.

On the final day of the program, participants integrate their experiences to connect with their authentic selves, often resulting in feelings of relief and freedom. The program equips individuals with tools for ongoing growth and resilience, leaving them with a renewed sense of purpose and clarity as they step into their transformed lives.

STRUCTURE & SCHEDULE



The advanced Return to Yourself (RTY) program is designed for individuals who have previously completed the initial program and are seeking a deeper, more proactive engagement with their personal growth. This program is structured to help participants identify and address remaining resistance and blind spots, creating a concrete plan for overcoming personal barriers.

Key features of the advanced RTY program include:

1. **Structured Themes:** The program follows a logical sequence of themes that guide participants toward clarity and deeper understanding of their challenges.
2. **Focus on Resistance:** Participants work on recognizing and understanding their resistance, which helps them identify what has been hindering their progress.
3. **Community and Trust:** Since participants are familiar with the facilitators and each other, a strong sense of safety and trust is established. This environment encourages participants to open up and engage more fully in the process.
4. **Relief and Empowerment:** The goal is for participants to leave feeling relieved and better equipped to continue their personal work with a profound awareness of their obstacles and actionable steps to address them.

Overall, this advanced program fosters a space for deep personal exploration and growth, supporting participants in their journey toward reconnecting with their authentic selves.



PROGRAM OVERVIEW



The "Return to Yourself Individual Program" for returning participants includes the following sessions:

Session 1: Grounding & Intention Setting

Date: Thursday, April 3

Time: 9:30 AM – 12:30 PM

- Focus: Grounding in the present and setting intentions for the program.

Lunch Break

Time: 12:30 PM – 2:00 PM

Session 2: Evaluation of the Year That Passed

Date: Thursday, April 3

Time: 2:00 PM – 5:00 PM

- Discussion on the past year, utilizing a worksheet from the previous program for evaluation and follow-up.
- Identify areas for continued work.

Session 3: Deepened & Proactive Work

Date: Friday, April 4

Time: 9:30 AM – 12:30 PM

- Focus on issues participants struggle with, including exposure exercises to confront remaining challenges.

Lunch Break

Time: 12:30 PM – 2:00 PM

Session 4: Creating a Plan for Continued Work

Date: Friday, April 4

Time: 2:00 PM – 5:00 PM

- Develop a concrete plan for ongoing work to address resistance and emotions, aimed at returning to one's authentic self.

PROGRAM OUTLINE



When:

- Thursday, 3 April to Friday, 4 April
- Time: 9:30 AM – 5:00 PM

Where:

- Ashtanga Shala Yoga Studio
- Address: Generalsgatan 2, 211 33 Malmö, Sweden

Pricing:

- **Full Program:** 500 € for two days (12 hours of therapy)
- **Individual Sessions:** 200 € per session (for participants choosing to attend only 1 or 3 sessions)

Aim of the Program:

- To provide returning participants with an opportunity to deepen their personal development.
- To enhance understanding of individual needs and areas for continued growth.
- To equip participants with strategies to reach their personal goals.



