

Connect with inner peace

About the Silent Activity Program

In the *Silent Activity Program* you will learn tools, receive guidance and practice techniques to align with inner peace in the midst of daily activity.



At work



At home



In relationships

Benefits

How will Silent Activity affect my life?

By practicing the techniques learned in the Silent Activity Program, you will be able to:

- ✓ Feel energized and focused at work
- ✓ Align with your inner purpose
- ✓ Create balance at home
- ✓ Establish harmonious relationships
- ✓ Effortlessly go about your daily routines

Maartje van Geenen

About me

Maartje has a western biomedical background and holds a Master's degree in Biomedical Sciences. Furthermore, she is a certified coach and certified Chopra Lifestyle instructor.



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Silent Activity Program

Align with inner silence

In the midst of daily activity



Inspired by

Eckhart Tolle

Silent Activity Program



A harmonious life

A guide based upon the wisdom of Eckhart Tolle to create inner peace and well-being in the midst of daily activity.

What is the Silent Activity Program?

A practical guide and inspiration

Based on the international best seller “A new Earth; create a better life” by Eckhart Tolle, the *Silent Activity Program* teaches you to align with inner silence in the midst of daily activity: at work, at home and in relationships. Participants will learn practices to be fully present in the now, instead of being stuck in the past or worry about the future.

Being present in the now is the one parameter for living a successful, harmonious and purposeful life. By zooming into the most common aspects of life, you will receive a practical guide on how to connect to inner peace in the present moment, in different circumstances.

“Love is the recognition of oneness in the world of duality”- Eckhart Tolle

What will I learn in the Silent Activity Program?

The *Silent Activity Program* is presented in five sessions over several days. In **session one** you will be introduced to the principle of Silent Activity, the concepts of ego and consciousness and the different form identifications.

In **session two** you will learn how to be successful at work and how to cope with



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challenges in different work situations. These practices will help you to thrive at the workplace.

In **session three** you will learn tools to establish conscious, open and harmonious relationships in all areas of life. In **session four** you will learn how to bring balance in your family life or family situation. In **session five** you will learn how to connect to and create from your inner purpose, and how to stay aligned with your center of wellbeing.

Take the next step

Are you ready for creating a successful, harmonious and purposeful life? Please feel free to contact me as your program instructor. You can find my information included in this brochure.