

Welcome to the desert for 21 days!

I am Sylvain Lonchay the founder and owner of 2 yoga studios 100% YOGA in Geneva and Lausanne. I teach mindfulness at IMD Business School - Switzerland as well as in private banks and train Teachers at University of Lausanne. Jointly with Jürgen Müller, 15 years Partner at PwC, happiness advocate and regular meditation practitioner since a many years, we will guide you through this unusual experience.

Since 2005, I regularly walk on Camino (The Way), in the north of Spain with a new group of people each time, people decided to *walk their talk* and walk to change something in their life, not necessarily at the religious level or for a spiritual miracle, but with the intention of discovering something new in life. This year, through the special circumstances we are all in now, we believe that this moment is an opportunity to experience new energies and to live mindfully.

This **21-day mindfulness practice** is a virtual Camino - it will help you create a toolbox to use in any situation and will empower you to take on challenges. Being alone (working from home) or being permanently with your family members in a defined space moves you into a new life set-up. The mindfulness practice is designed to reduce your **stress** and represents a great approach to new strategies for your life.

We will meet you daily from Monday to Friday at 11:00 a.m. via **ZOOM**. You will receive a daily invitation with an access code for your personal identification.

The sessions will last 20 to 30 minutes. You prefer to be seated, on a cushion or a chair but take advantage of this moment and create a pleasant setting (calm, no telephone, nothing to disturb you, just calm around). Let the people around you know that you take that special moment, just for you. Some days, just like walking in the desert, you might have blisters, feel discomfort, get bored, or get excited. It is part of the process.

After each session, you will be invited to practice mindfulness during your life at home, with your family and also by being alone at your desk. You will see that mindfulness is more than a tool, it is a way of enjoying life despite the challenges. This is no homework, this is a different way of living.

Send us daily comments on our LinkedIn group / blog and Jürgen Müller will moderate, share your experiences and bring many ideas and tips that he made and applies in the busy business world.

If, for any reason, you are not available at the time of the practice, we will send you a recording on the same day as it was recorded. But you have only time to catch up with the session within the same day because we want to walk together to new experiences every day.

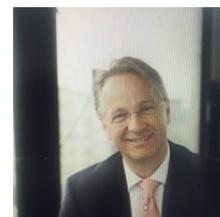
One of the keys to success is to expect nothing! By the way, this is one of the secrets of Happiness. Just take advantage of what is happening to you and enjoy the community. It will be exciting, sometimes difficult but nothing will be the same after these 21 days in the desert, facing the fluctuations of your mind.

Book now on <https://100pour100yoga.zenitoo.ch/en/subscriptions/> and wait for the email on Monday. Select the **21-day Desert Walk** package for only 2CHF per day!

We are looking forward to welcoming you.
Be well and take care of yourself and your loved ones.



Sylvain Lonchay



Jürgen Müller