

the time for reward.

to run less and win more.



slowing down, insight and harvest time in cilento national park:

- Awareness of individual reward and risk factors with the Lumina Emotion personality tool
- Connecting with yourself in the ancient theatre of Parmenides
- Developing the best individual reward strategy and a daily practice
- Personal harvest time: harvesting olives and producing your own olive oil



What:

Slowing down, insight,
receiving your reward



Where:

Pollica, Cilento,
Southern Italy



When:

04.10.26: Arrival und Welcome Dinner
05. – 07.10.26: Reward Program

DAY 1: AWARENESS

awareness of personal reward and risk factors.

- In Cilento National Park, we use the support of nature and the sea to feel ourselves and be present.
- Based on the scientific personality tool “Lumina Emotion,” we identify our individual reward and risk factors.
- We create awareness of what needs to change in order to receive your personal reward.



DAY 2: AUTHENTIC SELF

meeting parmenides: connecting with the true self.

- In the ancient theatre of Parmenides, we give space to our inner voice: Who I was before I became? We reconnect with our true self.
- Insight into the best personal reward strategy.
- “We are what we practice.” We develop a daily exercise to receive your reward.

DAY 3: HARVEST

the day of the olive harvest – the time for reward.

- Harvesting olives from trees up to 300 years old, surrounded by nature above the sea.
- Producing your own olive oil at a local mill.
- Your gift to yourself: the excellent oil.
- Mediterranean dinner overlooking the olive trees and the sea.
- We celebrate our shared success. Here's to a healthy and long life in equilibrio!



welcome to cilento.

The mild climate, the sun, the sea and wonderful people who live for and with one another create the perfect atmosphere to slow down and reconnect with yourself.

Here, around 2,500 years ago, the famous philosopher Parmenides explored fundamental questions about life and formulated the powerful statement: “Being is, non-Being is not”. What is real? What is illusion? Questions that remain highly relevant today.

Our municipality, Pollica, is considered an undiscovered Blue Zone and is recognized by UNESCO as the birthplace of the Mediterranean diet. On our land, 150 metres above the sea, there are 120 olive trees—some of them more than 300 years old. Here, we will harvest olives together, press our own oil and celebrate life.

Come to us, come to yourself and experience your personal harvest time.