

## Press Release

### Entrepreneurs, Self-Employed Professionals Invited to Performance Breakthrough Retreat in Bali

*Experience ancient Eastern practices to take Western performance to higher level*

Philadelphia, PA—July 19, 2012 – Performance coach and author of the forthcoming *Refuel, Recharge, and Re-energize: The Conscious Entrepreneur's Guide to Taking Back Control of Your Time and Energy* Erin Owen; who has consulted with and coached hundreds of entrepreneurs, business leaders, and private individuals from more than 10 countries in the Americas, Europe and Asia; is leading a Personal Performance retreat in Bali this fall for self-employed professionals and entrepreneurs seeking to up their game.



The Bali Breakthrough Retreat, limited to 18 participants, will be held October 26 through November 5. It provides an extended time away from daily professional and personal pressures to learn new techniques for working and living that can improve performance and life satisfaction. Owen leads yoga, meditation, Reiki, one-on-one-coaching sessions, and group classes. The retreat also includes temple ceremonies, cooking classes, spa treatments, meetings with local healers, and tours of local sights.

One recent participant describes her transformative experience: “what was most positive for me was the slowness of my breath, the slower pace I was moving to, and the peace that came from walking away from all of the chaos and stress that I left behind. It felt like a layer was peeled off of me and I left it at the airport. And the good news is, it stayed at the airport. The stressful situations were still there when I returned, but they didn’t affect me the same way.”



Owen’s practice applies the wisdom of ancient Eastern practices such as Traditional Chinese Medicine, Yoga, Reiki, Ayurveda, and Buddhism to the Western idea of performance. With an MBA and over a decade as a leadership and organizational consultant, she helps professionals align their thoughts and action with a greater sense of purpose, ease, and confidence. “Working harder is not the answer,” she notes. “The professionals I work with are spending extraordinary amounts of time and the energy, expecting to be rewarded with better results, but they’re getting diminishing returns. That burning-the-candle-at-both-ends mentality is old school. You end up overworked and undernourished, wondering where the excitement disappeared to.”

“The *new* way of working,” explains Owen, “is to be really clear about the life you want to live, take care of yourself first and *then* – and only then – build your business around that. In this way, you’ll actually see much greater productivity and performance in your business and be able to reach your goals of making an incredible impact on the world, not to mention living a life that makes it all worth it.”

The Bali retreat provides a “super dose” of this new way of working and living. It allows entrepreneurs to learn and grow in an unfamiliar environment and culture, one that places a premium on spirituality and a holistic view of life and work. “Getting uncomfortable by taking a deliberate break from your routine is the first step,” notes Owen. “Doing things outside of your normal comfort zone activates parts of the brain that stimulate creativity and problem solving. It’s a critical factor for success for entrepreneurs.” For overwhelmed, overworked professionals, that break, in Bali, could be the beginning of a new East-meets-West approach—one that yields previously unimagined results.



**About Erin Owen**

Erin Owen, MBA, has been coaching professionals to achieve greater personal performance since 2003. With a background in Chinese Studies, holistic health (including alternative nutrition), Reiki, Mind/Body/Spirit Medicine, Comparative Eastern Religions and Philosophy, Mindfulness-based Stress Reduction, Ayurveda, and Yoga, her unique expertise is in applying the wisdom of ancient Eastern practices to the Western idea of performance.

Erin is the author of the forthcoming *Refuel, Recharge, and Re-energize: The Conscious Entrepreneur's Guide to Taking Back Control of Your Time and Energy*.

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