

Forsiden og bagsiden: Quantum Care Center ApS

The Way to a Better Life

Quantum Care Center - The Way to a Better Life

Learn how to use your resources better, in your professional life as well as your personal life

Purpose

Quantum Care Center employs many different techniques to develop the emotional intelligence of corporate managers and thereby reduce their stress or exposure to stress.

A Holistic Approach to Human Development

Quantum Care Center is one of the few centers in the world that takes a holistic approach to the development of human resources. We work with intellectual, physical, emotional and spiritual intelligence. We do so with our workshops, retreats and individual treatments.

The Center is based in a lovely old manor house situated in the midst of nature's beauty, which contributes to peaceful creativity and brings new energy.

Here managers can escape the pressures and stresses of everyday life and be allowed to discover their inner selves and thereby learn how to use their resources.

We offer:

Workshops

Anti-Stress Workshop I

Duration: 1-2 day(s)

We help you prevent and manage stress. The workshop is held in beautiful surroundings with an enticing ambience and includes knowledge about Ayur Veda (please see the separate section on Ayur Veda later in this brochure), Ayurvedic cooking, Ayurvedic pulse diagnosis, yoga, massage, hot-tub (outdoor, wood-burning tub), NLP exercises, among others concerning values, coaching and other techniques for developing body, feelings and intellect.

You will learn to use your resources in a positive way and at the same time develop your emotional intelligence and consequently become an even better manager.

Anti-Stress Workshop II

Duration: 2-3 days

This workshop includes a meditation course, which will provide you with an invaluable aid in the prevention and management of stress. Please see the following pages for further information.

In addition, we will introduce some of the techniques mentioned in Workshop I.

Retreats

Duration: 3-5 days

Say goodbye to the stresses of everyday life and hello to peaceful days in beautiful and quiet surroundings that will allow you to relax and work with yourself.

Quantum Care Center's retreats are based around the same program as our workshops. Our retreats are longer and more intensive and allow more time for concentration on individual issues and activities. Well away from all the responsibilities of everyday life, you are better able to focus on the work with your own self-insight and development.

A retreat will help you regain your natural balance and teach you how to manage stress in your everyday life.

Retreat I

Retreat I focuses in particular on the main features of effective management, i.e. that you know yourself, your own resources, strong points, weak points and patterns of reaction. In other words; that you develop into an integrated and self-aware human being.

The program features many different methods aimed at reducing any stress you have in your life, including knowledge about Ayur Veda (please see separate section on Ayur Veda later in this brochure), Ayurvedic cooking, Ayurvedic pulse diagnosis, yoga, massage, hot-tub (outdoor, wood-burning tub), NLP exercises, among others concerning values, coaching and other techniques for developing body, feelings and intellect.

Retreat II

This retreat includes a meditation course, which will provide you with an invaluable aid in the prevention and management of stress, please see the following pages for further information.

In addition, we will introduce you to some of the techniques mentioned in Retreat I.

Our workshops and retreats all explore emotional intelligence:

The Danish and international experts at our Center will provide you with knowledge about emotional intelligence and pinpoint the areas where your strengths and potential lie. The awareness gained will trigger a positive development in you and help you plan your own personal development process.

Contents of workshops and retreats

Ayur Veda

Ayur Veda is a very comprehensive medical health system that has been practiced for thousands of years in India. It is a life science dealing with the energies that are present everywhere and in everything, even in our thoughts, feelings and actions. Unique to Ayur Veda is the concept of the three energies (in Sanskrit: doshas). The three energies are: Vata, Pitta and Kapha.

Each of these energies has its own specific functions in our body and mind but they always interact. We are all born with a particular amount of Vata, Pitta and Kapha,

also referred to as the Prakruti which is the state of balance at birth (the inborn constitution). Most of us will develop an imbalance in these three energies at some point in our lives. The imbalance is called Vikruti. Ayur Veda aims to restore your balance, your inborn constitution. According to Ayur Veda disease does not exist, only imbalances. If you can regain the state of balance with which you were born, your body and mind will heal themselves. Ayur Veda has often cured diseases western doctors have had to give up upon.

When by means of the pulse diagnosis you learn the functions of the energies in your body and mind and have identified your inborn constitution, you will be able to use Ayur Veda to maintain your natural balance between the energies and thereby obtain balance and health in your life.

At Quantum Care Center we serve Ayurvedic food and you can learn how to prepare the food yourself. Ayurvedic food helps you restore your balance; it consists of carefully selected combinations of vegetables and maybe fish or poultry to which spices and fresh herbs are added according to Ayurvedic principles. Please visit our website: www.quantumcarecenter.com for further information.

Ayurvedic Pulse Diagnosis

We identify your inborn constitution and your present constitution by applying pressure to the pulse on your wrist. The session continues with an identification and explanation of tools to correct any imbalances.

Meditation

Quantum Care Center works with Primordial Sound Meditation. Primordial Sound Meditation is an ancient Indian technique that has been revived and further developed by the internationally renowned doctor, writer and lecturer Dr. Deepak Chopra. This technique employs specific sounds called "mantras", which help your consciousness relax at a deep and peaceful level. The individually selected "mantras" work as a link between the body, mind and the universal life force that flows in all human beings.

Meditation Arouses Your True Energy and Restores Your State of Health

By reducing stress and fatigue, meditation allows you to regain the ability to focus and see the meaning of life. The purpose of meditation is to enrich all aspects of your everyday life. Science has proved that you obtain more rest during meditation than when you sleep.

Meditation Improves Your Health

Doctors are increasingly claiming that stress is the reason for most diseases. Research has shown that meditation has an extremely beneficial effect on a wide range of health problems. When stress is addressed and turned into something positive through Primordial Sound Meditation, our minds and bodies begin to work with maximum efficiency, thus providing health, vitality, harmony and joy. For more information about the research, please visit our website: www.quantumcarecenter.com.

Yoga

Stress won't go away just like that. You need to actively prevent stress and work to eliminate stress from your life if it is already there.

Quantum Care Center offers yoga courses to help you to prevent or eliminate stress. You will soon gain increased flexibility, feel calmer and experience a growing consciousness of body and mind.

The physical advantages of yoga include increased strength, flexibility and stamina as well as improved digestion and blood circulation. Yoga uses all the muscles in your body and improves your balance and posture. In addition yoga purifies and strengthens your internal organs and functions.

Massage

We offer various kinds of massage to relieve tension, release the body's waste substances and release pent-up thoughts and feelings stored in your body.

NLP

NLP is an abbreviation of Neuro Linguistic Programming. NLP is based on the way our nervous system and brain perceive reality and through a complex language of inner pictures, sounds, feelings and words program us to behave in a certain way. The choices we make in life are all a question of prioritizing our values.

The values we prioritize are the values that motivate us the most. Once we realize how we prioritize our values, we will be able to make the right choices in life for ourselves.

We offer professional NLP counseling to provide you with practical and communicative tools that enable you to improve access to your inner resources and in this way make positive changes.

NLP is a psychology that respects the way other people perceive the world and is often an amazingly quick and at the same time a gentle way to enable yourself and others to make the changes you and they want.

Coaching

We help you discover your true values through our coaching sessions and together we can identify and enhance the methods that best enable you to use your resources.

We base our coaching on your role as a manager and your personal self. We use coaching as a tool for creating coherence between the foundations of your work life and your personal life. We use coaching to enhance your awareness of your own contribution and well-being.

Individual sessions are arranged according to your needs.

Therapy

If you are experiencing a personal crisis in your life and you are looking for a human development process deeper than coaching, therapy might be the right solution for you.

Individual sessions are arranged according to your needs.

Conferences

Duration: 1-5 day(s)

Business Conference I

Give your employees or business partners a pleasant surprise next time you need to hold a conference. Quantum Care Center offers a quiet and beautiful setting for your conference, indoors as well as outdoors.

Our lovely facilities invite concentration in a relaxed atmosphere.

The park surrounding the Center satisfies the need for fresh air and intimacy with nature during breaks.

For lunch and, if included in the program, dinner we serve Ayurvedic food inspired by the old Indian food tradition. French cuisine is also an option. All raw ingredients are top-quality and wherever possible organic.

In the summer, you can relax in a deck chair in the beautiful park and in the winter you can enjoy the warm glow of the cozy fire indoors. Whatever the season, you can always enjoy a chilled glass of champagne or a soothing cup of herb tea at sunset; whilst relaxing in the wood-burning, outdoor hot-tub if you choose.

We are committed to excellence and pay attention to every little detail. We thrive on surprising our clients by providing that little bit extra that makes a conference memorable.

Business Conference II

Please see Business Conference I.

This option allows conference delegates to choose a number of the various treatments offered by Quantum Care Center, e.g. a massage, yoga, hot-tub and other activities.

Conferences lasting 1-2 day(s) are held at Gammel Lellingegaard just outside Køge. Conferences lasting several days are held at the castle Liselund Slot on Møn Island.

Manager

Jet Izabella Thurmann is the founder and manager of Quantum Care Center ApS. Today Jet is a qualified Ayurvedic consultant, meditation teacher, NLP Master Practitioner and psychotherapist. For many years she had her own international company, a company developing, producing and selling equipment for biological research.

Very early on, she realized the importance of the role played by business life in the world today and the magnitude of the responsibility borne by business organizations where the world's future is concerned. Consequently, she aims to help businesses adapt their organization so that it is in harmony with present and future management requirements.

Employees

We are a group of qualified and highly motivated professional therapists, teachers and consultants experienced within Ayur Veda, meditation, yoga, massage, NLP, psychotherapy, hypnosis, coaching, etc.

Location

Our facilities are located at Gammel Lellingegaard, a beautiful old manor house in Lellinge just outside Køge, approx. 30 minutes' drive from Copenhagen City and Copenhagen Airport Kastrup. Our retreats are housed in the castle Liselund Slot on Møn Island. Both Gammel Lellingegaard and Liselund Slot are situated in recreational, beautiful natural surroundings that contribute to peaceful well-being and creativity and instill new energy. They provide the perfect surroundings for corporate managers and private individuals alike to escape the pressures and stresses of everyday life and to rediscover their own resources. Please visit our website: www.quantumcarecenter.com for further information.

Quantum Care Center ApS

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