



Zion Executive Mindful Leadership Adventure

Explore. Discover. Lead.



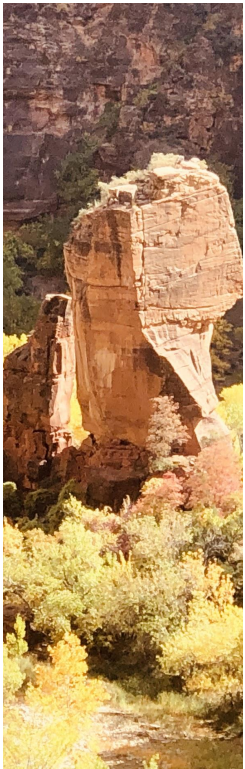
Discover the vast possibility of Zion with an exclusive group of executive leaders. Rise up to your best self and unleash the Mindful Leader within.

Partnering with our friends at Zion Gurus, a renowned outfitter and guide company with over 24 years of experience, Move Mountains brings you this Mindful Leadership Adventure of a lifetime. Each day is full of exploration, discovery, sharing ideas and magnificent vistas in Utah's red-rock desert. With luxury accommodations, fine dining meals, professional guides, and expert Mindful Leadership facilitators, the Zion Mindful Leadership Adventure is the perfect retreat for self-discovery and leadership development.





MOVE
MOUNTAINS



Here's what you'll discover...

How to show up as a Mindful Leader at critical moments

Tap into your best self and exemplify a grounded stance. Grounding is an embodied practice allowing you to act deliberately and skillfully at any moment.

The path to lead effectively through change and challenge

Arrive at the highest level of leadership performance by meeting four critical needs (waypoints) within yourself. Discover how to identify and address roadblocks in the flow of leadership energy. Learn tactics to put into practice in order to elevate your team's performance.

Tactics and practices to elevate your performance and your team's

Your personalized Mindful Leadership report, along with useful and realistic leadership practices make your growth sustainable. Colleagues and family will notice a foundational evolution in you.



Your Epic Adventure Includes

3 Relaxing Nights

Stay at an exclusive private retreat tucked into the valley of Springdale, UT, the gateway town to Zion National Park.

3 Adventure-Filled Days

A seamless blend of adventure and Mindful Leadership development. Weaving action with reflection, your inner Mindful Leader shines through curricular discussions, adventure based learning, reconnecting with nature, and collaborating with your peers.

3 Healthy Meals a Day

Our private chef prepares highly nutritious, healthy and delicious meals to help elevate awareness.





Lodging + Meals

Nama-Stay Retreat Center



Rooms

Nama-Stay is a zen retreat village designed around the mindful leader; rich, wide-open views, simple elegance, privacy and the perfect facilities creating comfort and sanctuary - you are secluded and in luxurious comfort to have a restorative, peaceful sleep at the footsteps of Zion National Park, UT.



Meals

True to our efforts to minimize our environmental impact while maximizing the quality of your experience, we collaborate with a private chef and nutritionist. Gourmet meals of locally sourced, organic food are plentiful - fueling your body for the day's adventure and recovery.



Day 1

Ground: Welcome and Connect

Check-In

Settle into your private suite. Make yourself comfortable on the property and take some time to adjust to the pace of life at Zion.

Ground in your Experience

The evening will be spent reflecting on foundational practices that will serve as the base for growth for the following days.

Spend time exploring with fellow executive leaders. Start grounding into the power and majesty of Zion's natural environment. Engage with the practices of "connect" and begin planting the seeds of change.

Welcome Dinner

Start your trip off with a gourmet meal to fuel your adventure.

Daily Practice Offerings

Guided Mindfulness Meditation
Embodied Grounding Practice



Day 2

Energize and Flow: Hike in the Narrows

The Narrows Hike Details

After a morning briefing we'll explore the theme of "connect" with lively and engaging experiences that bridge the gap between self, other and environment.

Next, we outfit and head into the grandfather of all slot canyons, the Zion Narrows, a gorge 1500' deep with the meandering Virgin River continuing to carve it to this day. Our 6-mile round-trip hike allows us to partner with our Mindful Practice creating clarity with purpose, finding a personal and collective "why" that will shine like a light from every action and word we share.

We return to a private dinner and evening session under the stars.

Daily Practice Offerings

Guided Metta Meditation
Embodied Grounding Practice
Mindful Leadership Yoga



Day 3

Flow and Arrive: Canyoneering Zion

Canyoneering Details

Canyoneering is the pinnacle Zion experience, blending hiking, rope-work, problem solving, and fun. Working our way through an introductory level canyon, carved by water, wind and time, we follow the path of least resistance - the path of the water - all the while our collective team experience take shape, with this natural playground presenting us with challenges and success trying new things and testing our new skills.

Throughout the day, the themes of flow and arrive will guide us. Let perseverance arise out of presence, and enjoy the collective success of the team.

A special dinner awaits us on return followed by a spectacular evening at the campfire.

Daily Practice Offerings

Guided Sensory Meditation
Embodied Grounding Practice
Mindful Leadership Yoga

Your Exclusive Adventure Includes

- Three nights lodging and accommodations at Nama-Stay Retreat Center
- All meals from arrival through departure.
- All Activity Gear
 - Canyoneering & Daily Adventures
 - Yoga and Meditations
- All shuttles/ transport during retreat including airport pickup and drop off.

Mindful Leadership Training and Coaching

- Mindful Leadership Inventory
 - 360-survey and report measuring your areas of strength and opportunity in Mindful Leadership. Delivered pre-event and 180 days later so you can see real, actionable results.
- Three Mindful Leadership Coaching Calls
- Personal journal to capture your Mindful Leadership journey
- Knowledge of tactical Mindful Leadership practices that you can implement into everyday life

Not Included

- Airfare and/or travel to Springdale, UT

About the Trip Leaders



Charlie White

Mindful Leadership Executive Coach, Adventure Facilitator, Entrepreneur

Charlie discovered his passion for leadership development and mindfulness around 2003. Charlie believes that all people inherently possess qualities of leadership, and through carefully crafted experiences, those strengths can be drawn into the open and serve participants in their personal and work lives. Charlie has worked with leaders from Fortune 100 companies, small businesses, and non-profits, providing expert design, facilitation and coaching, creating palpable and sustainable change in the way leaders thrive. His passion for serving others and making Mindful Leadership accessible fuels Move Mountains' continued development of data-driven, human-centric practices. His company continues to examine new and creative ways to engage participants in inspiring and empowering Mindful Leadership programs. When not working, you will likely find Charlie outside on the trails, beaches or slopes of Lake Tahoe spending time with his wife Tia, and their three kids, three dogs, and cat.



Jonathan Zambella

Facilitator, Adventure Guide, Wellness Advisor, Entrepreneur

Jonathan worked his first team and leadership program at the Iacocca Institute at Lehigh University, PA in 1994, where a lack of gray hair and tan complexion worked against him standing before a group of executives twice his age. This humbling experience gave him the incentive to continue to develop himself as a facilitator, motivator, and leader. Being a facilitator has never been more poignant than in his own businesses, managing 45 employees at a time, redefining the way a company can work together and achieve great prosperity while also increasing the quality of life of its employees, their sense of peace, and their life purpose. Jonathan's motivations come from deep, quiet places in nature. His outward nature is to be a dedicated listener, and allow ancient wisdom of Tao, Qigong, Yoga, and wilderness travel emanate through his work, family life, and businesses. He chose Zion National Park, UT to host his world; living under the sandstone giants, and using nature as a tool to transform the lives of visitors, executives, and retreatists worldwide. Jonathan looks forward being a part of your event and helping you achieve your goals and get ever closer to a brilliant life.



About Move Mountains

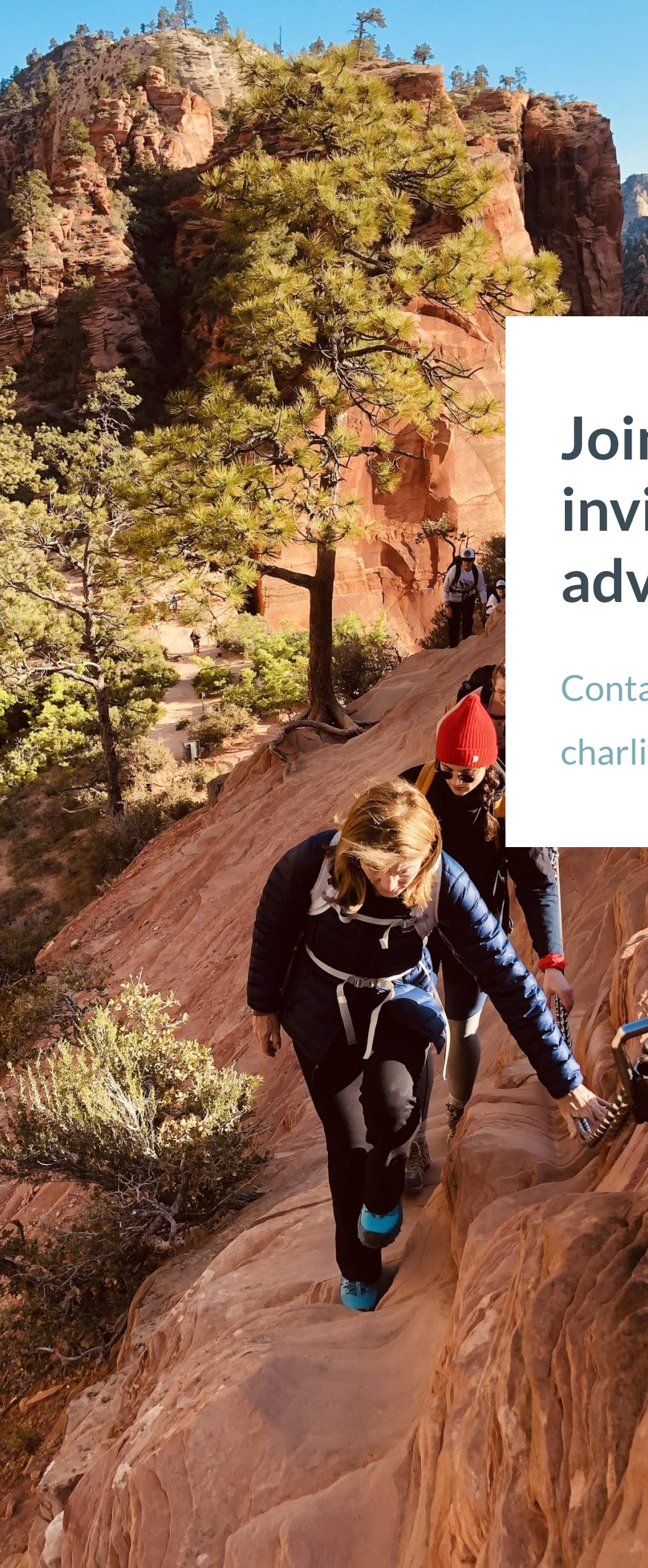
Move Mountains develops Mindful Leaders, inspiring and empowering them to improve themselves, their organizations and our world, one choice at a time. Connecting with the human side of people science, we support leaders on the path to fulfillment, peace and productivity. While grateful for the line between improving and accepting the present moment, we envision and support a better world in the making. We craft highly customized and unique events, including an embodied coaching methodology and data-driven consulting to maximize the impact of our programs. Together with our foundations in adventure-based learning, our clients love the blend of fun, learning and resting that is inherent in our products. We promise to engage your intellect, your physical body, your emotions and your spirit in a way that leaves you feeling refreshed and empowered to take on the world.

About Zion Guru

The mission of Zion Guru: To help you see everyone is a Guru. Being in the outdoors, learning about one's self, one's limits, and one's abilities to overcome inspires self-learning and helping others to learn. At Zion Guru, we endeavor to tap into the pure energy source of Mother Earth to deliver customer-centric outfitting and events in ways that connect you with self and rekindle your love for nature. It's what we do for our friends and family, and what we do for you: help you find the Guru within.

About our Collaboration

Our partnership is the result of a combined half a century of work helping others connect at the deepest level with their own nature and with one another. This connectedness helps us align our actions with our purpose in the most awe-inspiring places - our National Parks, like Zion. Zion becomes our backdrop for immense growth and grounded connection.



**Join us today for this
invitation only
adventure.**

Contact us to join

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