



CAPSTONE PROJECT

A PATH WITH HEART

TRIP UNWIND

ABOUT ME

Hi, I'm Silvia and I'm an experienced travel professional and a passionate advocate of the benefits of Mindfulness and Meditation.

My professional and personal experiences have led me on an ongoing journey of discovery, from the wonders of this earth to the beauty of our inner world and my company Trip Unwind is the result of this ongoing thirst for knowledge, connection and freedom.

www.tripunwind.co.uk





MY VALUES

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Vision

An interconnected, harmonious and healthy world.

Nothing exists in isolation. The real nature of individuals or events can only be correctly understood in the context of their connections with all others. By understanding and experiencing this, we can move from an egocentric view of the world to one in which we have a sense of belonging and purpose that can truly benefit ourselves and the world.

Mission

- To create opportunities for the awakening to the interconnectedness of life.
- To inspire people to live and work according to Mindful Principles, for their own wellbeing and that of our society as a whole.



Trip Unwind

WHAT WE DO

Trip Unwind reaches out to travel professionals and travellers alike, by crafting journeys, workshops and retreats together with Destination Management Companies, Hoteliers and other travel & holistic professionals to give everyone an opportunity to take time to relax, connect and learn the powerful practices of Mindfulness and Meditation.





A PATH WITH HEART

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A Path with Heart is my latest project that is born out of the beautiful teachings and immersive reflections that The Transformational Travel Design Programme has brought me to learn and experience.

It is a journey to allow ourselves to connect with our inner and outer worlds, a journey where we can enter these realms poetically, breaking down that sense of separation between ourselves and others that is so much distinctive of our modern society.



OUR PROJECT

Through Mindfulness activities, meditation, rituals and reflection, we can transform our way to see the world and others. We can all set on a path with our heart fully open where we can welcome the totality of our experiences with curiosity, kindness and compassion and where we can rejoice fully in the feeling of truly belonging to the world we live in.



THE JOURNEY

The journey starts where we all are. Whether we are feeling stressed, disconnected or overworked, sometimes what we long for is just a good holiday to take our minds off things that trouble us. And yet, most times, this break, albeit hydillic, alleviates our stresses & worries only temporarily.

Our crafted travel experiences take us on a different journey, one that points out to a change of mindset and a different relationship with our everyday reality, so that we can deeply engage in our travels and help us relate to our joys and sorrows in a refreshing and transformative way.



Step 1 Before Travel

As we ask ourselves where we are and what is our intention for travelling, let's enter a space that allows us to prepare for our future journey.

Step 2 During Travel

Let's embrace with curiosity and kindness our experiences, and let's take time to reflect upon them.

Step 3 After Travel

As we return from our journey, let's keep the connection present in our daily lives and use the tools for a happier and healthier version of ourselves.



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STEP 1

Before Travel -

Discover where you are and how to best prepare for your journey

The Present

Journaling Exercise - Answer few simple questions - Where I am / Why I am seeking a holiday/journey/ How do I feel right now/ How do I wish to feel at the end of my travels

Complete MAAS Questionnaire (found on website)

The Preparation

Introduction to Mindfulness - download my ebook from the website

Download audio - guided meditations from the website

Reduce input - make less use of the phone, internet, especially in the evening



STEP 2

During Travel -

Engaged deeply with your body, thoughts and emotions to grow and connect with yourself, nature and the local communities

Day 1 The Body

Body Awareness makes us feel more truly alive. Mindfulness of the body means noticing bodily sensations, staying with them and living from them. It is a powerful exploration into the nature of the experience itself. We step into intimacy with ourselves.

Practice - Keeping Still

Practice - Bodyscan

Activity - Cooking class & Mindful Eating

Day 2 Feelings and Emotions

Mindfulness of Emotions allows us to start cultivating curiosity, honoring and accepting all experiences. We will understand our limits, recognise our emotional states and how we relate to them.

Practice - Mindful walking

Practice - Witnessing Yourself

Activity - Mindful Hike



STEP 2

**During Travel - Engaged
deeply with your body,
thoughts and emotions to grow
and connect with yourself,
nature and the local
communities**

Day 3 The Mind

We will be looking into Mindfulness of Thoughts and how to recognise thoughts as just being thoughts, allowing for more clarity in life and better relationships with ourselves and others.

Practice - Mindfulness of Breathing - using the breath to calm and stimulate your mind
Practice - Mindful Listening
Reflection - Everyday Ritual

Day 4 A Sense of Wonder

By looking into our experience with awareness and compassion we realize our interconnectedness with life around us. Stay connected to your heart.

Practice - Mindfulness of Sights and Sounds
Practice - Loving Kindness Meditation
Reflection - A Sense of Wonder -



DAY 1 - POEM

'KEEPING QUIET'

PABLO NERUDA

'Now we will count to twelve
and we will all keep still
for once on the face of the earth,
let's not speak in any language;
let's stop for a second,
and not move our arms so much.
It would be an exotic moment
without rush, without engines;
we would all be together
in a sudden strangeness.
Fishermen in the cold sea
would not harm whale
would put on clean clothes
and walk about with their brothers
in the shade, doing nothing.
What I want should not be confused
with total inactivity.
Life is what it is about...
If we were not so single-minded
about keeping our lives moving,
and for once could do nothing,
perhaps a huge silence
might interrupt this sadness
of never understanding ourselves
and of threatening ourselves with
death.
Now I'll count up to twelve
and you keep quiet and I will go.'





DAY 2- POEM

'IN BEAUTY MAY I WALK'

A NAVAJO PRAYER

'In beauty may I walk
All day long may I walk
Through the returning seasons may I walk
Beautifully will I possess again
Beautifully birds,
Beautifully joyful birds
On the trail marked with pollen may I walk
With grasshoppers about my feet may I walk
With dew about my feet may I walk
With beauty may I walk
With beauty before me may I walk
With beauty behind me may I walk
With beauty above me may I walk
With beauty all around me may I walk
In old age, wandering on a trail of beauty,
lively, may I walk
In old age, wandering on a trail of beauty,
living again, may I walk
It is finished in beauty.
It is finished in beauty.'





DAY 3- POEM

'THE GUESTHOUSE'

RUMI

'This being human is a guest house.
Every morning a new arrival.

A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.

Welcome and entertain them all!
Even if they're a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.

He may be clearing you out
for some new delight.

The dark thought, the shame, the malice,
meet them at the door laughing,
and invite them in.

Be grateful for whoever comes,
because each has been sent
as a guide from beyond.'





DAY 4- POEM

'EARTH'

DEREK WALCOTT

'Let the day grow on you upward
through your feet,
the vegetal knuckles,

to your knees of stone,
until by evening you are a black tree;
feel, with evening,

the swifts thicken your hair,
the new moon rising out of your forehead,
and the moonlit veins of silver

running from your armpits
like rivulets under white leaves.
Sleep, as ants

cross over your eyelids.
You have never possessed anything
as deeply as this.

This is all you have owned
from the first outcry
through forever;

you can never be dispossessed.'



STEP 3

**After Travel - Keep using
Mindfulness tools & sustain
change**

The NEW present

- Journaling - keep a diary of your mindful moments and reflect on your journey.
- Practice, practice, practice! -Use the audio guided meditations from the website
- Join a meditation group in your local area
- Join one of my courses or workshops
- Book your next 'Journey with Heart'
- Find a local NGO which operates in the destination you've visited and help them with a donation or giving your time and energy (fundraising or volunteering)-



OUR TEAM

Our Team is made of real people who are walking the same Path with Heart. They are Destination Management Companies, Hoteliers, travel professionals and holistic practitioners who are offering deeper connections to nature and local communities.

They all strive for positive change within the travel industry.



OUR CONTACT



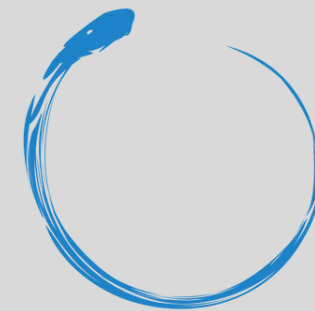
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