

METAMORPHOSIS

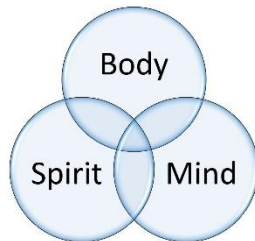
Transformative retreats with Nick Osipczak

ABOUT
NICK
OSIPCZAK



- Owner of *Raised Spirit Internal Arts* (RaisedSpirit.com)
- Former professional MMA athlete for the world's premier organisation (UFC)
- Internationally renowned Tai Chi Master
- Star of Vice Sports documentary "*Hitting the canvas*" (225,000+ views)
- 13 years teaching experience
- Star of "*The Ultimate Fighter*", reality show
- University degree in Maths, Accounting & Financial Management
- Established the New Wave Academy Gym in London, England

ABOUT R.S.I.A.



Raised Spirit Internal Arts was founded by Nick in 2013, offering teachings inspired by the **natural way**.

An elite-level Martial Artist in multiple disciplines, Nick has also studied Tai Chi, Yoga and Qi-Gong intensively under multiple Masters in many different countries.

No longer working exclusively with professional athletes, people of all ages and backgrounds have been transformed through the holistic approach Nick takes to self-cultivation. Empowering others through self-awareness, Nick's life-mission is to help facilitate **positive change** in as many people as possible.

His gift is seeing the best in others and helping them fulfil their potential, which must begin with attaining **health** and vitality.

Emphasising the co-dependent relationship between the mind, body and spirit, Nick successfully combines ancient **Oriental wisdom** with modern **science** and research.

METAMORPHOSIS

The philosophy

Isolated from familiar surroundings, relationships and stimulus, one is much more easily able to integrate new habits and let go of ones that no longer serve the individual. The title of this retreat pays tribute to the dramatic transformation each client will experience during this intensive phase of their lives.

Correct nutrition, opening the body, the study of movement, breathing exercises and meditation are all necessary to achieve optimal health and vitality. The personal progress that can be achieved in one month of dedicated practise, under the firm but fair supervision of someone who is coming from a place of experience, could take many years to match if attempted blindly or half-heartedly.

At times most testing, the quality of **perseverance** is a prerequisite for gaining maximum results from this retreat. *Metamorphosis* helps develop the human potential by combining tried and tested methods to allow the practitioner to become more aware of who they are. It doesn't matter if you are old, young, a performance athlete or a sport beginner... an openness to learning and the discipline to practise will guarantee results.



Body: must be strong, balanced, coordinated, flexible, and **connected**

Mind: must be able to concentrate, focus, relax, project, connect and become **more aware**

Spirit: **consciousness** will expand as you begin to know yourself on a deeper level. Your life purpose will begin to present itself, and you can grow into fulfilling your full potential.

The **breath** must be cultivated diligently, as this is what links the body, mind and spirit together.

KEY

METHODOLOGIES



- ☯ We are interested in long-term, **sustainable** progress... not just a quick-fix that treats the symptoms but not the cause!
- ☯ Learning how to control our minds (instead of being controlled *by* them) is crucial not only for our physical development, but also for living a peaceful and productive **life**. Goal-setting and goal-attainment makes up a significant portion of our study.
- ☯ A correct understanding of **nutrition** is vital for optimal functioning. Adequate hydration combined with fresh wholefoods (preferably locally-sourced) should make up the bulk of our diet. Education on the timing and quantities of our consumption will also be given.
- ☯ The importance of the correct work/rest balance will be heavily emphasised... learning how to identify the early-signs of “over-doing it”. Practising methods of “switching-off” so we can **regenerate** efficiently. Discussing the nature of stress.
- ☯ Tai Chi Form work: the practise of moving in slow-motion to gain a deeper awareness of anatomy, balance, efficiency and body mechanics. Well-known for its immense healing benefits, **Tai Chi** is the ancient Chinese system of “moving meditation”, which helps circulate and balance the energies of the mind, body and spirit.
- ☯ Strength vs **Power**. We are interested in becoming more powerful. Muscles only play a small role in power, and are usually very over-emphasised by most “fitness trainers”. Tendons, ligaments, bones, and the nervous and **fascia** systems need to be cultivated. We can draw inspiration from the powerful, graceful, mobile and coordinated movements of many animals.
- ☯ Training with a **partner**: developing sensorimotor skills by connecting and harmonising with them, responding to information gained via touch. Reprogramming ourselves to yield rather than resist... a response which will bring many transferable benefits to our everyday lives.
- ☯ Using increased awareness and improved structure and movement to **heal** existing injuries and prevent further ones.
- ☯ Regularly over-coming fears and deliberately exposing ourselves to pressure/stressful situations. We must remain **adaptable** and continually push to expand our comfort-zone perimeters, rather than seeking to remain inside them, for this is where the magic happens.
- ☯ Multiple treatments from world-class practitioners of massage and Acupuncture to facilitate faster **healing** and optimise functioning of the body.

RETREAT

OVERVIEW

What's Included

- Accommodation (private room with ensuite)
- 3 healthy meals per day
- One professional massage/Acupuncture treatment per week

What's not included

- Insurance
- Travel

One week to one month's intensive training based in Watlington, South Oxfordshire
– set in the beautiful English countryside.

Minimum 11 training sessions/week, split over 6 days (rest on the 7th day),
including:

- Martial Arts training from multiple disciplines
- Tai Chi
- Qi-Gong
- Yoga
- Meditation
- Breathing exercises
- Cycling, hiking, swimming, etc.
- Nutritional advice
- Discussions on goal setting and mind-set
- Homework (solo-practise)



RETREAT

INFO

How to get there

From Abroad: Fly to any London airport. Then you can get a taxi, train or coach. Nick will advise individually on the best option.

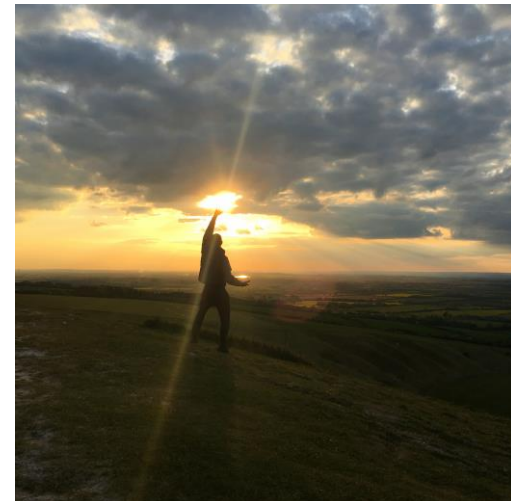
From central London: Get the “Oxford Tube” coach from London Victoria and exit at the Lewknor stop where you will be collected.

From Oxford: Get the “Oxford Tube” coach and exit at the Lewknor stop where you will be collected.

Other useful information

- Watlington is a 20-minute drive from the beautiful towns of Oxforas, Henley and Marlow, which along with London can be visited on the client’s rest day (Sundays).
- Each retreat is capped at maximum 4 participants in order for each client to be able to receive sufficient attention from Nick.

METAMORPHOSIS definition: *“change of physical form, structure, or substance especially by supernatural means.”*



PHOTOS

“By persevering, you will come out the other side of this retreat stronger, more confident, more energised, more motivated and more empowered. You will leave here with a clear understanding of the steps you need to take moving forwards in order to continue on the path of self-Mastery. You will feel capable of achieving whatever goals you put your mind to.”

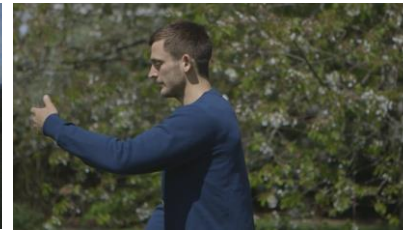
- Nick Osipczak



Animal movements



Hill sprints



Tai Chi



Excellent accommodation



Superb food provided



English country-inn

TESTIMONIALS

“Nick is an incredibly intuitive instructor. His teachings have helped me realize the power of meditation. Nick has an ability to blend a variety of healing practices and ancient philosophies into a digestible format.”

David Boycott-Brown – GB Olympic Team, Strength & Conditioning coach

“After coming back from Nick's workshop in Oxfordshire, my perspective has completely shifted and my mind has been truly blown with the amount of knowledge I have taken in! Since training with Nick I have seen amazing improvements in my body awareness, wellbeing and patience. I will continue to study directly under Nick wherever in the world we are both based.”

Dave Lewis – Owner of Perfect Balance Rehab

“The recent course Nick is currently running is an exceptional experience of learning, awareness, and realization. Nick explains and instructs with a clear and patient manner. In the years of my training, I have not found anyone quite like Nick; he is a unique individual and I will be continuing my journey of discovery under his guidance in the coming years as and when I can train with him.”

David Greeves – Choreographer

“I had been looking for new ways to improve and develop myself. Nick has been a huge help and a massive inspiration. This has helped me in my personal life as well as in the gym, even keeping my mind at peace while walking into the cage.”

Ethan Charlesworth – Professional MMA Athlete

“I have been to training camps in China and Thailand and this was by far the best camp I have ever done. I cannot recommend Nick enough.”

Nick Lowe - Therapist

CONNECT

"Mind, body and spirit must align for optimal health and vitality."

Nick Osipczak



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