



Welcome to BaseQamp

Tibetan Institute Yeunten Ling

19-21 April 2024

WELCOME TO BASEQAMP

Live from your heart - all the wisdom, strength, insight and answers are already within you

3-DAY RETREAT 19-21 APRIL 2024 – YEUNTEN LING (HUY)



The knowledge and background we use within BaseQamp belongs to all of us. It is ancient and used by ancient and current tribes from the essence (heart power). The form Differs worldwide.

Within BaseQamp the essence is leading and we are open to all forms, respectful and boundless.

BaseQamp stands for safety in your heart. From this safety you can journey within and through yourself. You discover your potential, your wisdom and gain insight into who you really are and what your life path is.

Everyone carries a “backpack” with beautiful & less beautiful experiences and maybe also trauma. The proportion and the way in which the backpack is packed differs from person to person and makes us unique! It takes courage to become aware of your backpack and your life path.

Why BASEQAMP? Because we believe in the power of the individual, the self-healing ability of our mind and bodies and the immense potential that lies within each of us.

HOW? With our unique approach, we combine body awareness, breathwork sessions and cold exposure, among other things, to increase your curiosity and connect with your deepest core.

Our professional BaseQamp team will safely lead you into the depths of yourself, where you can discover the hidden treasures of growth and personal power.

BASEQAMP is a life-changing experience that empowers you to reach your true potential and live from your heart. Step into a safe environment and allow yourself to be transformed. Discover the authentic power & wisdom already within you and live a life filled with passion, confidence, purpose and authenticity. BASEQAMP is your key to a life of unprecedented possibilities.

A start state, no end state.....

- Practical Information –

BaseQamp helps individuals explore their inner world, providing a safe space for selfdiscovery. It is important that participants feel safe and confident before starting any exercise and realize that they can always skip experiences they don't feel ready for yet. They can also ask for support or advice from the BaseQamp team.

To be optimally prepared for the BaseQamp Experience, we advise to bring these items:

- Hiking shoes and comfortable clothing with layers
- Socks or slippers for the Big Temple (“no-shoe” environment)
- Swimsuit and towel
- Toiletries and towel
- Warm shawl or blanket if you want
- Drinking bottle

All the rest will be provided by the BaseQamp crew or by the Tibetan Institute.

To make BaseQamp available to many people, the instructions will be given in English and French. Translation to Dutch is always available by the (Dutch) BaseQamp staff members. Please feel free to ask for extra explanation if needed.



- BaseQamp Program –

Day 1: April 19

9.00 welcome with coffee and tea
9.45 start morning program
12.00 lunch
13.30 start afternoon program
17.00 dinner
18.00 – 20.00 evening program

Day 2: April 20

7.00 start with morning meditation
8.00 coffee and tea, no breakfast (fruit available)
8.30 start morning program
12.00 lunch
13.30 start afternoon program
17.00 break
18.00 afternoon program
19.00 dinner
20.00 start evening program

Day 3: April 21

7.00 start with morning meditation
8.00 coffee and tea, no breakfast (fruit available)
8.30 start morning program
12.00 lunch
13.30 start afternoon program
14.30 break
15.00 end ceremony
15.30 closure

- The BaseQamp Team -

Frits van den Heuvel van Varik, Team Leader



With 35 years of experience in the Marine Corps, Police, Fire Department, and youth work, **Frits** has traveled extensively and seen much of the world. At the age of 22, he was deployed as a Marine and platoon commander to Cambodia, where he experienced traumatic events. Additionally, from his youth and later as a Marine, he was raised and trained to always be ON, driven by hard skills. This led to significant stress, fear, and mistrust for Frits, resulting in PTSD-related symptoms.

These challenges impacted all his relationships as he struggled to form deep connections, leaving him feeling lonely and misunderstood. Frits increasingly pondered the purpose of life, and in 2017, he was introduced to breathwork through Andre Hof. This marked the beginning of his rediscovery of his authentic (heart)power. This power now brings him peace, insight, and clarity. He realizes that all wisdom, strength, knowledge, insight, and answers are already within him.

Frits wishes everyone the richness of living from their full potential and having meaningful relationships with deep connections. He has experienced the importance of releasing protective mechanisms that no longer serve and allowing what needs to be felt. He transitioned from darkness and control to light and love, and he desires the same for others. He has consolidated his knowledge, experience, and wisdom, along with that of his team, into the BaseQamp program. Remarkable results are already visible and tangible, especially within Defense, Police, and the Fire Department.

He is grateful to discover together that everyone can activate their self-healing and self-restoring abilities from the heart. Breathwork, cold training, and self-awareness are crucial tools within BaseQamp to give experiences a proper place and create awareness. You discover that resistance in your life is potential life energy, and your system receives what you can handle.

The knowledge and backgrounds he employs are ancient and universal, shared by old and current tribes, religions, and science, all rooted in the essence of Heart Power. The forms used for this purpose vary worldwide, and Frits believes that the essence is paramount, remaining open to all forms, with respect and boundless acceptance.

'A true warrior is not about fighting, it is about engaging your trueself'



Wouter Huizer, Instructor



Wouter has an impressive track record within the special forces of the Marine Corps and the Royal Military Police. Over his 23 years of service, he completed four deployments, served as a special forces medic for ten years, specialized in urban climbing, took on the role of dog handler, and worked as an operational team leader. His life has been characterized by discipline, courage, and complete dedication to defense.

Over time, Wouter experienced various physical complaints that hindered both his work and relationships. Feeling dulled by the intensive years of service, he became disconnected from himself and his surroundings. Instead of succumbing to these discomforts, he sought a way to heal. His path led him to cold training and breathwork, and he noticed almost immediate positive effects. This unconventional approach not only alleviated his physical pain but also opened a door to emotional healing—a necessity of which he was not even aware of. Through this journey, Wouter gradually reconnected with himself and the people around him.

Driven by his personal transformation, he decided to dedicate himself fully to understanding and spreading the power of breathwork and cold training. He delved into the science, studied ancient traditions, and explored modern approaches. What began as a quest for physical relief grew into a discovery of his own inner peace and emotional well-being.

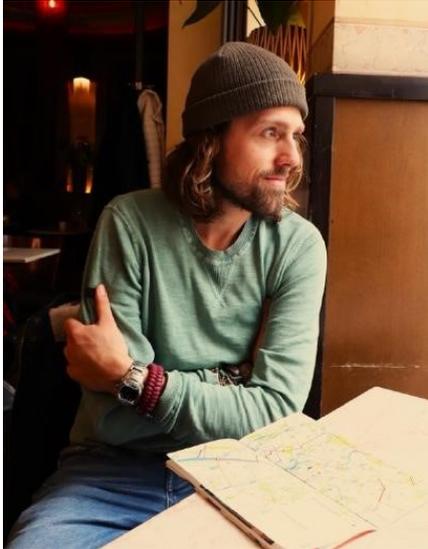
Wouter now feels a deep calling to share his experiences with the transformative power of breathwork and cold training with others. His mission is not only focused on physically empowering people but also on igniting their inner strength. He has found that this not only leads to physical resilience but also to a deeper connection with oneself and others.

Eva Verberne, Medical Doctor



Eva is trained as a Western regular doctor. From 2012 to 2015 she gained work experience in different hospitals in multiple countries. She worked in the departments of gynecology, obstetrics and surgery. After this she made the transition to the Dutch Defense where she worked as a Navy doctor. During the recent Corona outbreak she was confronted with what she saw as the absurdity of the situation. She realized that she was not truly helping people with her work as a Navy doctor. She was merely treating symptoms. Therefore she chose to leave her stethoscope behind and change direction. She currently works at BaseQamp where she guides people to their core. Where there is trust. Where there is space for body and mind to heal themselves.

Maxime Maanders, Psychologist



Maxime began his career in conventional healthcare, where he worked as a psychologist in various institutions such as addiction clinics and psychiatric hospitals, both in open and closed settings. In top-tier healthcare centers, where clients with severe psychiatric conditions came for recovery, he realized that conventional healthcare alone could only provide limited assistance to the clients. This led to the research question, "If clients cannot recover in this way, then how?"

This quest led him on a personal development journey, where he underwent, explored, and tested various traditional, alternative, and spiritual healing methods. Throughout this journey, he always stayed focussed on his intention to enhance client treatment and on his role as a

psychologist.

The answer to his question was a holistic and integrated perspective on psychology and human healing. His approach now combines the best of evidence-based science including EMDR, trauma therapy and cognitive behavioral therapy, with traditional methods such as plant medicines, tribal ceremonies, breathwork, nutrition, and the natural laws of physics.

Naz Dur, Shaman



Naz combines yoga with Shamanic work. With her ancestral knowledge and deep roots in the rich cultural history of Turkey and also extending into Siberian shamanism, she creates a safe energy field. In this field of love everything can emerge and she can tune into what is needed in the moment. She is trained as a yoga teacher and is a passionate Breathwork coach of the New Earth, a Shamanic practitioner and a Healer. She connects you with your own medicine, the self-healing power of your body. Naz draws inspiration from various Shamanic traditions, but primarily from South American and Siberian Shamanism.

Ernestine de Groot, Medical Doctor



Ernestine is trained as an Emergency Medicine physician. In the ER she witnessed firsthand the body's powerful survival mechanisms and balance-restoring capabilities. During her work she also realized that Western Medicine is insufficient. It focuses mainly on symptoms and separate body parts instead of the whole person. But Ernestine experienced herself that there is an inseparable connection between body, mind and soul. They interact continuously and have direct

effects on each other, even at DNA-level. To learn more about this view on mind-body connection and healing, she chose to take another path and started studying many different approaches to health. Ernestine specialized in this broader perspective, working extensively in the Dutch expertise center for Psychosomatics. She is additionally trained in Integrative Medicine, Systemic Work, and Somatic (trauma)therapies. On her own path of personal growth, she experimented with all techniques she encountered, thus enabling her to support others both from the mind and from the heart. Her guidance is personal, direct, with humor and always from a warm heart.

Frédéric Coppieters, Heart Coherence Trainer



Frédéric was in the military for 30 years where he served as a combat pilot and an instructor. As he followed a training to become a mental coach, he discovered heart coherence and meditation.

After his retirement he decided to commit the rest of his life to the integration of scientific research and spiritual wisdom in the body-mind system. He is currently active as a trainer for the HeartMath Institute in Europe and participates in many groundbreaking projects such as BaseQamp. Frédéric also facilitates heart coherence workshops in Yeunten Ling since 2019.

Here too he will accompany you through a journey to your heart and provide you with tools to reset and enhance your inner system in daily life.

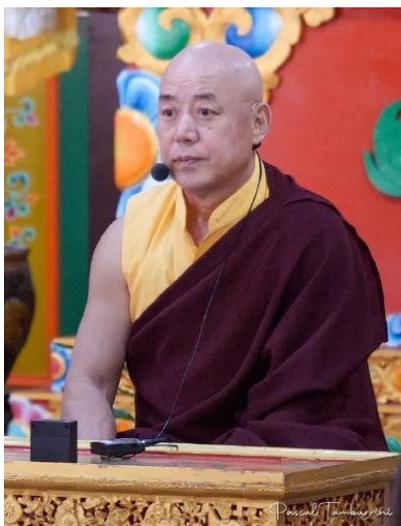
Mickel Korremans, Experiential/Energy Facilitator.



During a long and intensive journey within mainstream military mental health care, **Mickel** reached a point where he couldn't progress any further and completely lost himself. Consequently, he chose to embark on a path of personal development, consciousness, and spirituality. On this extraordinary journey, he discovered all the strength, love, light, wisdom, and, above all, peace within himself, leading to a complete transformation of his life. He realized that everything he had been seeking outside of himself for 37 years was all within him—and more.

By facing and feeling his traumas, demons, and limiting beliefs, he recognized his desire to guide others on the journey inward. Currently, Mickel primarily does this through breathwork, group work focusing on deeper layers, one-on-one healing sessions, and plant medicine ceremonies. Continuously working on his own healing process, authentic strength, and strong intuition, he can establish a profound connection with others. This allows him to create the safety and trust needed for people to delve a bit deeper than they are accustomed to, resulting in precisely what is necessary in the moment. His approach is based on equality. He collaborates with you to explore what needs to be heard, felt, and seen to be as authentically present as possible.

- With the precious contribution of Lama Zeupa –



Lama Zeupa is originally from Sikkim, an Indian province bordering Tibet. He studied at Sonada Monastery. After his three-year retreat, he toured many Dharma centers in the West. He finally decided to settle in Yeunten Ling in 1993.

Lama Zeupa knows, more than any other, how to blend into the Western way of thinking and takes his students through pertinent reflection exercises, thanks to his rigorous reasoning. His teachings are characterized by great originality and a powerful impact on results. Lama Zeupa also teaches Tibetan yoga and conducts experimental research on the mind-body relationship in meditation, Qi Gong and external programs such as Science Meets Experience, Mind-Heart-Body Coherence, and now BaseQamp.

- Wat is the effect of BaseQamp? –

The effect of BaseQamp is to enhance the individual's safety, trust, and resilience by harnessing the power of breathwork and cold exposure, aligning heartpower and headpower (heart/mind). It strengthens the connection with oneself (body, mind, spirit) and with others in your team and environment. BaseQamp helps individuals explore their inner world, providing a safe space for self-discovery.

In summary, BaseQamp offers a holistic approach to personal development, mental resilience, and overall well-being. Its benefits extend to physical performance, group dynamics, and health, making it a versatile and valuable practice. Additionally, the ease of integration into daily routines makes it accessible for long-term benefits.

- BaseQamp Testimonials -

- I have felt that the power lies within yourself but is locked away by the expectations of the current society, where a lot is demanded of you. For me, BaseQamp represents a station where you step out of that fast train for a moment and experience what life is truly about.
- BaseQamp provides tips and tools to reignite that inner fire by taking the time to simply breathe, taking an ice bath, or gaining insight into the origins of feelings and emotions. Even better, to recognize it, acknowledge it, and find it okay. I recommend everyone to participate in BaseQamp and stand on that same station and ask yourself the question: What is your essence of peace, calm, strength, and life?
- I have gained more knowledge about how much emotion I suppress and how much I suppress myself. I had never known that body and mind could be so connected. I have felt things I never thought I would feel, a connection I didn't even know existed.
- BaseQamp offers you the opportunity to embark on an internal journey of discovery by providing a safe environment and gives exercises to encourage that inner exploration. During BaseQamp, we were given different ways to deal with difficulties, which I found extremely impressive and eye-opening. Breathing and yoga were my favorites.

