

The image features a white background with green leaves from a tree or shrub framing the top, bottom, and sides. The leaves are vibrant green and have a clear vein structure. In the top right corner, there is a small white square with a black border containing the text "Be Become Belong." in a simple, sans-serif font.

Be  
Become  
Belong.

Practice is how we become ready.



Be  
Become  
Belong.

## WHAT IS IT?

**Be | Become | Belong** is a 3-part workshop series that incorporates  
**Movement, Behavioural Psychology, Design Thinking**  
to **practice the Self, Skills & Relationships** to improve wellness  
by **nourishing the Body & stimulating the Mind.**

## HOW IT WORKS

Our normal rates are 160€ / 120 mins workshop  
We are glad to waive the fees if you support us on venue/equipment  
**Venue space & equipment from you**  
**Facilitation of Workshops by us**  
Workshops are free to attend for your members & ticketed for public

## DATES

To be confirmed with you.



### **Be : Being Your Future Self – Knock down barriers to Ideal You**

We all have that Ideal Future Self that we want to be – someone more successful, happier, ahead in life. But it's a long, tough struggle to get there from our Current Self. But Is there an easier way?

Sharing practical advice from his book, "100 Truths You Will Learn Too Late", author & consultant Luca Dellanna will talk about the common obstacles we face in our journey towards becoming our Future Self. He will explain crucial concepts such as Addictions, Ego Investment & Internal Karma, & provide you with practical tips on an easier way to overcome your obstacles to be your Future Self.



### **Become : The Art of being Self-taught – Achieve more, on your own**

Do you ever wish that you could master / learn something, but never had the time, money, talent or willpower to do it? Tell you a secret: none of these is really important, as long as you know how to learn.

In this interactive dialogue session, Autodidact author Luca Dellanna & artist Wenlin Tan will explain crucial concepts such as Directed Learning & Feedback Loops, & share with you practical & useful tips so you can empower yourself to learn & create independently to realise your projects & dreams.



### **Belong : The Magic of Connection – Transform your relationships**

Success is the sum of you & your tribe, & the things you create together. Unfortunately most of us leave this to chance. How can we develop powerful & purposeful relationships? How can we find & grow our tribe?

Drawing from her psychological training & expertise gained in the market research industry interviewing & connecting with others, 'people-person' Wenlin will guide you through Design Thinking & Psychological concepts. She will share practical exercises & actionable insights so you can harness the power of interpersonal relationships to seize opportunities & attain happiness & success in your life.

Each masterclass can be structured to fit a **60 mins or 90 mins format** depending on your needs.



### **Be : Yin Yang Fascia Flow – Embracing duality**

Yin Yang Yoga blends two styles of yoga into one practice - bringing together the benefits of passively holding yoga poses with more dynamic sequences & standing postures. First, you will be guided through an energizing, flowing active practice that works on the muscles & blood flow, building strength & stamina. Then you will be guided to lighten & bloom through a contemplative yin practice in which each pose is held for 2-5 minutes, enabling you to moving deep into the connective tissue (ligaments, tendons & fascia).

Class is suitable for all levels including complete beginners.



### **Become : Strong Soft Supple – A 3 step approach to movement**

Strong, Soft, Supple is Wenlin Tan's signature movement masterclass. It breaks down the fundamentals of basic yoga asanas using a progressive 3-step approach to movement. Drawing from the principles of Human Anatomy, Taichi & Yoga, you will be guided to re-explore your body through an intelligently-sequenced flow. Via Isolation, Addition & Fluctuation, you will be guided to build strong foundations, to soften to the skin, & become fluid & lithe, leaving the class feeling strong, soft & supple.

Multi-level class with options for beginners & advanced practitioners



### **Belong : Intertwine Partner Movement – Connecting through Touch**

A fun, invigorating partner movement masterclass that blends Contact improvisation, Yoga & Nuad Boran Thai massage. Working in pairs, participants will be guided through simple, easy-to follow exercises that build individual strength, improve flexibility, refine balance & deepen stretches. This class offers a unique opportunity be it friends, family or couples, to deepen their relationship by building trust through communication & cultivating a sense of adventure through moving together.

Class is suitable for all levels. No previous yoga experience is required.

Each masterclass can be structured to fit a **60 mins, 90 mins, or 120 mins format** depending on your needs.



## WHO WE ARE

**Luca & Wenlin** are the masterminds behind Be | Become | Belong. They create wellness programs for corporates, festivals & resorts. Most recently they have presented workshops at Obonjan island Resort & Brighton Yoga Festival.

**Luca Dellanna** is an independent behavioural researcher, published author of 5 books, & part-time lecturer at the University of Genoa who helps people gain clarity of thought through personal consulting, workshops & courses. He was previously a consultant at DuPont, one of the largest consulting firms globally.



**Wenlin Tan** is an established Yoga instructor, artist & writer, passionate about helping people cultivate self-growth through art, writing & yoga. She is a resident teacher at YogaUnion, Turin's leading yoga studio & has had her work featured at Emerging Writer's Festival 2019 & Singapore Art Week 2019.

