

# VETRNICICA ZDRAVJA

## THE PINWHEEL OF HEALTH

### ZA DOBRO POČUTJE IN KREPITEV ZDRAVJA

Poskrbite za sprostitev in revitalizacijo. Vstopite v vetrnico zdravja in si vzemite čas zase, za stik z naravo, zavestno dihanje, zavedanje sebe in svojih misli. Na vsakem kraku vetrnice lahko opravite eno izmed vaj za dvigovanje notranje energije. Naredite vse ali se posvetite le vaji, ki je vam najljubša. Z vpeljavo predstavljenih elementov in majhnih korekcij življenjskega sloga v vsakdanjo rutino preventivno skrbite za vaše zdravje in preprečevanje izgorelosti.

Avtor programa vetrnice zdravja: Srečko Šorli



### FOR GENERAL WELL-BEING AND IMPROVED HEALTH

*See to relaxation and revitalisation. Enter the pinwheel of health and take a moment for yourself, to experience nature, conscious breathing, for the awareness of yourself and your thoughts. In each section, you can do one of the exercises for replenishing your inner energy. Do all the exercises or focus on your favourite exercise. By introducing these elements and small lifestyle corrections into your daily routine, you take care of your health and prevent burnout.*

*The author of the pinwheel of Health programme: Srečko Šorli*

KRAK



# VETRNICICA ZDRAVJA

## THE PINWHEEL OF HEALTH

### ZDRAVA NARAVA

Smo del narave in veselja. Narava je temelj našega obstoja. Opazujte jo. Vzemite si čas, naj se vam ne mudi. Zaprite oči in se prepustite sončnim žarkom, prisluhnite pticam, začutite piš vetra ...

Ta trenutek zahteva čuječnost, umirjenost in opozarja na tukaj in zdaj. Zavedanje sveta okrog vas in stik z naravo vas poglobi tudi navznoter, proti notranjemu miru.



### HEALTHY NATURE

*We are a part of nature and the universe. Nature is the foundation of our existence. Observe it. Take your time and do not rush. Close your eyes and indulge in the sun rays, listen to the birds, feel the breeze, etc.*

*This moment asks for mindfulness and calmness and points out the here and now. The awareness of the world around you and the contact with nature work within and lead you towards inner peace.*

KRAK

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### VSAKODNEVNA SPROSTITEV

Sprostite se. Povežite um s telesom. Vzemite si deset minut in opazujte miselni tok v danem trenutku. Po želji si misli tudi zapisujte. Po glavi nam nenehno rojijo misli, ki prihajajo in odhajajo. "Destruktivne" misli lahko okvarijo razpoloženje in vas razburijo ali spravijo v žalost. Predvsem pa pripeljejo v življenje izkustva, ki so v skladu z mislimi. Zavedanje in nepristransko opazovanje »negativnih misli« je najboljša preventiva za njihovo nevtralizacijo.



### DAILY RELAXATION

*Relax. Connect the mind with the body. Take ten minutes and observe the flow of your thoughts at a given moment. If you like, you can write them down. Our mind is continually filled with thoughts that come and go. "Destructive" thoughts can spoil your mood, upset you or make you sad. They bring experience into our lives, which is in line with our thoughts. Awareness and unbiased observation of "negative thoughts" is the best prevention for their neutralisation.*

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### ZDRAVA PREHRANA

S pozornim, zavestnim uživanjem hrane se razvija občutek za razlikovanje med telesno in psihološko potrebo po hrani. Pri obroku si vzemite čas in uživajte v okusih in vonjih, naj bo obrok obred. Ko ste pod stresom, se najprej pomirite. Občutek sitosti dobimo pri okušanju hrane v ustih, zato jejte pozorno. Obrok zaključite, ko je želodec poln na tri četrtine.

Smernice zdrave prehrane najdete v hotelski restavraciji pod programom Be fit.



### HEALTHY EATING

*Mindful and conscious eating develop the feeling of distinguishing between physical and psychological need for food. Take your time with every meal and enjoy the tastes and aromas. Let each meal be a ritual. When you are under stress, first calm down. The feeling of fullness comes when tasting food in our mouth, so eat attentively. Finish the meal when the stomach is three quarters full.*

*The guidelines on healthy eating can be found in the hotel restaurant under the Be Fit programme.*

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# VETRNIKA ZDRAVJA

THE PINWHEEL OF HEALTH

## KVALITETNI MEDČLOVEŠKI ODNOSI

Del vsakodnevne medsebojne komunikacije so čustva. Sporočila, opremljena s pozitivnimi čustvi - spoštovanjem, umirjenostjo, veseljem, navdušenjem - bo prejemnik razumel, medtem ko negativna čustva odtujijo. Bodite pozorni na vaše razpoloženje, še posebej ko niste najboljše. Poglobljajte odnos do sebe, do soljudi in do narave. Krepite odnose, ki vas veselijo.



## GOOD INTERPERSONAL RELATIONSHIPS

*Emotions are a part of everyday communication. Messages that are filled with positive emotions – respect, calmness, joy, enthusiasm – will be understood by the recipient, while negative emotions cause alienation. Pay attention to your mood, especially when you are not at your best. Deepen the relationship with yourself, fellow men, and nature. Solidify relationships that give you pleasure.*

KRAK

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# VETRNICICA ZDRAVJA

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### POLNO IN ZAVESTNO DIHANJE

Usmerite pozornost na dihanje. Zavestno in polno dihanje je odlična sprostitevna tehnika, ki jo lahko izvajate kjerkoli: popolnemu izdihu sledi najprej vdih s trebušno prepono, nato vdih s prsnim košem - z zgornjim delom pljuč. S polnim dihanjem dobite več kisika in več življenjske energije.



### FULL AND CONSCIOUS BREATHING

*Focus on your breathing. Conscious and full breathing is an excellent relaxation technique that you can practice anywhere: a full exhale is first followed by an inhale with your diaphragm and then an inhale with your chest, with the upper lungs. Full breathing provides more oxygen and life energy.*

KRAK

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# VETRNICA ZDRAVJA

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### VSAKODNEVNO GIBANJE

Za telesno aktivnost izberite gibanje, ki vam je najbolj pri srcu. Bodite pozorni na vsak gib in položaj telesa. Priporočamo »pet tibetanskih vaj«, ki krepijo telo, povečajo gibljivost in pretok vitalne energije. Priporočljivo je, da se vsak obred na začetku izvaja trikrat. Vsak teden dodajte dve ponovitvi, dokler ne naredite do enaindvajset ponovitev posamezne vaje.



### DAILY EXERCISE

*Choose an exercise that you like best. Pay attention to every move and position of your body. We recommend the Five Tibetan Rites system of exercises, which strengthens your body, increases flexibility and the flow of vital energy. It is recommended that each rite is initially performed three times. Every week, add two more repetitions until you come to twenty-one repetitions of an individual exercise.*



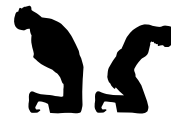
S to vajo se pospeši pretok energije v telesu. Stojite sproščeno, roke so iztegnjene v odročenu, prsti so skupaj, stopala v širini ramen. Zavrtite se v smeri urinega kazalca. Z vrtenjem ne pretiravajte.

*This exercise facilitates energy flow through your body. Stand erect with arms outstretched, fingers together and your feet shoulder-width apart. Spin clockwise. Do not exaggerate with the spinning.*



Ležite na hrbet na ravni podlagi. Dlani položite poleg nog na tla. Vdihnite, hkrati dvignite noge (če vam ne gre takoj z iztegnjenimi nogami, jih pokrčite v kolenu) in glavo čim bolj približajte prsim. Zadržite dih, nato pa glavo in noge med izdihom počasi spuščajte.

*Lie on your back on a flat surface. Place the hands flat down alongside your legs. Inhale and raise your legs (if you cannot keep the legs straight, initially bend them at the knee) and bring your head as close to the chest as possible. Hold your breath and slowly lower your head and legs while you exhale.*



Sedite na peti ali klečite na tleh s spodvitimi prsti na nogah, hrbtenica je vzravnana, dlan položite na ritnici. Med vdihom počasi potiskajte glavo in vrat kolikor je mogoče nazaj in zadržite dih. Med izdihom počasi položite glavo na prsi.

*Sit on your heels or kneel with your toes turned in. Keep your back straight and the palms on your buttocks. Inhaling, slowly push your head and neck as far back as possible and hold your breath. Exhaling, slowly put your head on your chest.*



Sedite na tla s stopali v širini bokov, dlanmi na tleh ob stegnih in glavo na prsih. Vdihnite in hkrati dvignite telo naprej in gor, glavo potisnite močno nazaj in napravite most. Med izdihom se počasi usedite v prvotni položaj.

*Sit with your feet hip-width apart, palms flat on the floor along your thighs and the head on your chest. Inhale and lift your body forward and up, push your head back and do a bridge. Exhaling, slowly sit back in the starting position.*



Telo je v loku naslonjeno na iztegnjene roke in spodvite prste na nogah. Med vdihom se opremo na roke in noge (pete ostanejo na tleh), visoko dvignemo medenico, naslonimo glavo na prsi in zadržimo dih. Med izdihom se spustimo in glavo potisnemo čimbolj nazaj.

*Curve your body into the stretched hands and turn in your toes. Inhaling, lean onto your hands and feet (heels remain flat on the floor), raise your pelvis high, let your head come to your chest and hold your breath. Exhaling, come down and push your head as far back as possible.*