

POLICY PLAN 2025 – SPIRITUAL AURORA FOUNDATION

Motto: “Whatever your mind conceive and believe, you can achieve”

1. General Objective of the Foundation

The Spiritual Aurora Foundation aims to promote holistic wellbeing and consciousness among individuals and communities, based on the belief that body, mind, soul, and social context are inseparably connected.

The foundation is committed to developing preventive and therapeutic programs that contribute to the physical, emotional, mental, spiritual, and social balance of every human being.

2. Mission & Vision

Mission

To inspire, guide, and train people to restore their natural balance through awareness, movement, energy, and body training.

Vision

A world in which every person has access to knowledge, training, and support to restore themselves and their surroundings to a state of harmony — resulting in a stronger, healthier, and more conscious society.

3. Strategic Pillars of the Policy Plan

The foundation's activities are organized into three main pillars:

I. Preventive Training (Sane Corpus Disciplina)

Focused on maintaining physical and mental health through holistic movement, breathwork, awareness, and functional fitness.

II. Tertiary Care (Recovery Programs)

Recovery training for individuals who have experienced physical or mental setbacks, through motor coordination exercises, breathing techniques, and corrective movement therapy.

III. Community Projects and Education

Outreach programs and workshops designed to engage communities in wellbeing, awareness, healthy living, and social connection.

4. Training Concept: Sane Corpus Wellness Centre

This unique wellbeing concept was developed from the core philosophy of the foundation. It does not treat people based on symptoms or diagnoses, but as holistic beings. The training focuses on:

- Corrective Fitness
- Recovery Training
- Motor Coordination
- Functional Circuit Training
- Strength & Conditioning
- Balance & Breathwork

The trainers are educated in various disciplines and operate from deep respect for the body's natural healing abilities.

5. Funding & Expenditure

The foundation's income comes from:

- Donations (private and corporate)
- Government and institutional subsidies
- Affordable participant contributions for training services

Expenditures are directed towards:

- Premises (rental or purchase of training facility)
- Training materials
- Trainer compensation
- Community outreach activities
- Organizational operations and promotion
- Supportive care spaces

6. Governance & Compensation

The board of the foundation works on a voluntary basis. Trainers and associated professionals are compensated according to fair market standards. Annual financial reports ensure full transparency.

7. Vision for the Future

Within the following years, the foundation aims to establish a fully equipped training center, where the Sane Corpus Disciplina concept will be available to a wide range of target groups: youth, adults, seniors, people in recovery, employees, and vulnerable populations.

The foundation also seeks collaborations with general practitioners, therapists, schools, and care institutions.