

Ice Driving & Somatic Coaching

February 2027
Finland



**EARLY
BIRD**

Book before 20.12.2026:
Co-pilot Tommi Mäkinen in a non-WRC Rally car
on a lap of the Ice Circuit!

Lifedrive

Welcome!

For close to 6 years, I am training and developing my Rally piloting skills, the last few years in Finland and since 2024 on my own car, a Golf GTI MK1.

The country, and the way to approach the learning and development of serious driving skills have won me over from the beginning. They are in phase with my own way and approach in accompanying people through somatic coaching.

With, in addition, the nature, the silence and a different rhythm of life (outside Helsinki),...Finland has slowly turned into my 2nd country, home from home.

The Experiences with Somatic Coaching I propose are designed with care, with all these elements in mind, on the level of driving and on the level of coaching. The conscious movement between calm, rest and recuperation, learning and performance, forms the foundation of all Experiences, in and outside the car.

From my own experience and approach, I plan the Experiences with Somatic Coaching with the following points in mind:

- Offer a unique space, in calm up to high-intensity, from rest, into learning and performance. Allowing to deepen the own capacities and agency to modulate own states, in awareness, in situations of stress and challenge, for optimal focus, learning and performance. In the car and, through the Experience and the coaching, also in everyday life.
- In a welcoming environment, down to earth, without judgment, with clarity and honesty, so that everyone who feels the impulse and/or the wish to live such an Experience, can dare, safely.
- For beginners just as for amateurs and experienced pilots.
- To experience Finland, beyond the beaten tracks.
- Give and keep access, in the limits of what is possible, to the possibility to learn and/or develop the own driving skills, with joy, in a welcoming and professional environment, instruction and coaching.
- Give access to a professional training in Finland to amateur/experienced pilots in competition, or wanting to start out in competition, to develop their piloting skills and prepare a first or the next Rally. With a professional Rally instruction and personalized coaching.

Accommodation, additional activities,...are hence not included automatically in the offered Driving Experiences.

You keep the autonomy over your plan, with respect to your focus, objective, budget,... . In consequence, you have always the option, and are welcome to, to book only the Experience & Coaching.

I am at your disposal for questions with your booking and share with pleasure my experience in Finland, beyond driving and Rally: information, contacts and possibilities in the regions for accommodation, activities, the different travel options (train, bus, rental car,...), to travel with your own car/classic car/Campervan and/or bring your own Rally car/Historic Rally car, to integrate an Experience & Coaching within a vacation in Finland, summer or winter,...

Bring your driving to new limits by bringing yourself into new states of learning and performance, through a lasting experience, deepening your driving skills and your handling of stress and intensity, inside and outside the car.

Dare an new experience! Being your own and the cars' pilot!

With instruction and coaching starting from where you are at!
Without stress, but with the joy and passion for driving, the Finnish way!

Welcome to Lifedrive!

Astrid Weis

www.lifedrivexperience.com
www.movinghistory.lu



Ice Driving & Somatic Coaching

The Experience

What if Ice Driving could be a larger experience?

Bringing your driving to new limits by bringing yourself into new states of learning and performance?

Having a lasting experience, deepening your driving skills and your handling of stress and intensity, inside and outside the car?

From going sideways in the car, to being sideways with the car!
Let's turn Ice Driving into a new experience!

Organised in cooperation with Tommi Mäkinen Racing, learn from the quadruple World Rally Champion and his team the skills to take a car to the physical limits on a frozen lake in the Finnish Lake district, near the city of Kuopio, Finland.

In combination with Somatic Coaching in preparation, adapted to you and your aims. I accompany you at the lake throughout the driving day. Level up your driving by deepening your skills through enhanced learning, to remain resiliently focused in high-intensity, improving your ability to perform and above all: by thoroughly enjoying the complete experience!

Worried about languages?

Instruction is in English, but I can translate on the day, as necessary, into French, German or Luxembourgish.

Beginners, amateurs or experienced pilots – Welcome!
Instruction and coaching starts from where you are at!

Without stress, but with the joy and passion for driving, the Finnish way!



Somatic Coaching

With specific coaching sessions, before and during the experience, I support you to develop your skills and capacity to remain aligned with yourself in high-intensity, to learn and integrate, resiliently perform, regenerate, stay aware and connected when faced with the unexpected. Being completely present and calm at the wheel.

Somatic coaching is based on working with body-oriented approaches, which I reinforce with methods stemming from trauma work, Zen, specific breathing training and experiential coaching. With a special focus on optimal states for learning, rest and performance, and the ability to dynamically shift, in awareness, between states and unhelpful automatic reactions.

Automatic reactions and behavior patterns evolve in times of great stress, pressure,...to mitigate this perceived danger. In time, if maladapted to the situation now, they can start to take control of your ability to act, to be present, to handle the moment and to impact your well-being, hence your ability to learn, to recuperate and perform.

My work through body-oriented coaching supports the integration and dissolution of now unhelpful and maladapted automatic reactions and related blocked energies in the body. Restoring the ability to fluidly and dynamically shift states and hence reactions in the moment, from rest up to high-intensity, remaining aligned with yourself.

Find out more about my work under: www.lifedrivexperience.com / www.movinghistory.lu

Your team of Instructors



Jarkko Miettinen

A seasoned ex-rally driver with over two decades of coaching experience, Jarkko has been training drivers since 2002, refining their skills with expert precision. As a BMW Driving Experience Performance Level instructor, he knows exactly how to push limits while keeping control.



Aaro Vainio

With a background as an ex-circuit racing driver, Aaro brings elite track-level precision to ice driving. As a BMW Driving Experience Performance Level instructor, he specializes in high-speed control, racecraft, and vehicle dynamics. His expertise as a circuit racing engineer and coach ensures every driver refines their technique to perfection.



Mikko Lukka

A World Champion co-driver, Mikko has spent years navigating the world's toughest rally stages. As a certified Finnish ASN rally driving instructor and former rally driver, he brings unparalleled expertise in car control, pace, and precision driving techniques. Whether on ice or gravel, his deep knowledge of rally dynamics ensures you learn from the very best.



Krisse Aalto

A PRO-level competitive drifting driver, Krisse is a master of car control, high-speed drifting, and precision handling. As a BMW Driving Experience instructor, she knows how to push cars—and drivers—to their limits while maintaining full control. Whether it's ice or asphalt, Krisse's expertise ensures you learn the art of drifting with confidence and style.



Program

Depending on conditions and individual progress, the driving as mentioned in the respective programs can be adapted.

1-DAY EXPERIENCE: ICE DRIVING & COACHING

ARRIVAL DAY Arrival in Tahko, Coaching Preparation session for driving (30–45Min.)

DAY 1

09:00 Driving Theory lesson in Tommi's cottage
10:05 – 12:00 Handling training & driving on technical tracks with your instructor
12:00 – 13:00 Lunch at Tommi's sauna cottage
13:00 – 15:00 Driving on technical & fast tracks with your instructor
15:00. Driving skill competition
15:30. If booked: Co-piloting experience.
16:00. Driving back to Tommi's cottage, Prize giving & diplomas
16:30. End of day

DEPARTURE DAY Departure to Kuopio and/or individual travel

2-DAYS EXPERIENCE: ICE DRIVING & COACHING

ARRIVAL DAY Arrival in Tahko, Coaching Preparation session for driving (30–45Min.)

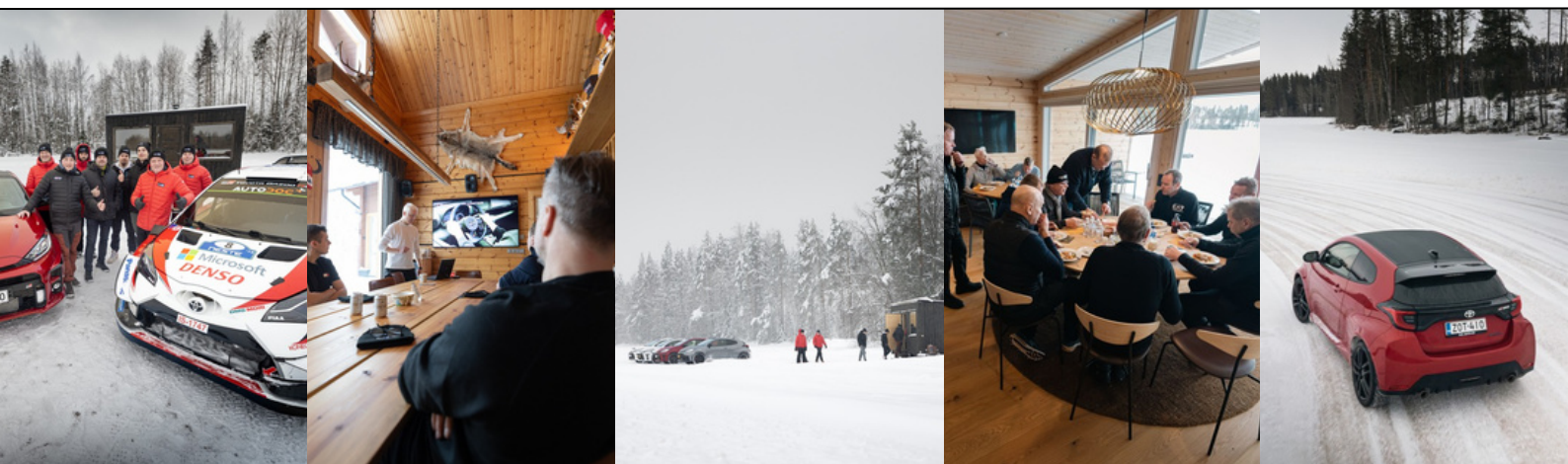
DAY 1

09:00 Driving Theory lesson in Tommi's cottage
10:05– 12:00 Handling training & driving on tracks
12:00– 13:00 Lunch at Tommi's sauna cottage
13:00 – 16:00 Handling training & driving on technical & fast tracks
16:00. Wrap-up of the 1st day

DAY 2

09:30 Meeting at Tommi's sauna cottage
10:00 – 12:00 Driving on technical & fast tracks with your instructor.
12:00 – 13:00 Lunch at Tommi's sauna cottage
13:00 – 15:00 Driving on technical & fast tracks with your instructor.
15:00. Driving skill competition
15:30. If booked: Co-piloting Experience with Tommi
16:00. Driving back to Tommi's cottage, Prize giving & diplomas

DEPARTURE DAY Departure to Kuopio and/or individual travel



Details

1 Day or 2-Days / 1-On-1 Instruction & Coaching / with Tommi Mäkinen / Kuopio, Finland

What is included? 1-DAY: ICE DRIVING & COACHING

- Lunch for 1 person
- Soft Drinks, Coffee/Tea and snacks during the driving day
- Transfers from Kuopio Airport to your hotel in Tahko on the arrival & return on departure day*
- Transfers from your hotel in Tahko to the Ice Circuit and back on the driving day
- Safety Equipment during the driving day, as necessary
- Instruction on Toyota GR Yaris, 1-on-1 instruction with max.2 people sharing in turn 1 car and 1 instructor
- Professional Finnish instructors, former or current rally drivers
- Somatic Coaching, Introduction to "Piloting Intensity", adapted to your objectives & challenges:
 - 1x Discovery session (ca.30Min.), to understand your situation and your objectives
 - 1x Coaching session (60Min.), ideally min.1 month before the Driving Experience
 - 1x Preparation session (ca.30Min.), the afternoon/evening before the Driving Experience
 - 1x Day Coaching at the track
- Organized in cooperation with Tommi Mäkinen Racing. Tommi Mäkinen is present at the driving days.

What is included? 2-DAYS: ICE DRIVING & COACHING

- Lunch for 1 person on both driving days
- Soft Drinks, Coffee/Tea and snacks during the driving days
- Transfers from Kuopio Airport to your hotel in Tahko on the arrival & return on departure day*
- Transfers from your hotel in Tahko to the Ice Circuit and back on both driving days
- Safety Equipment during the driving days, as necessary
- Instruction on Toyota GR Yaris, 1-on-1 instruction with max.2 people sharing in turn 1 car and 1 instructor
- Professional Finnish instructors, former or current rally drivers
- Somatic Coaching, Introduction to "Piloting Intensity", adapted to your objectives & challenges:
 - 1x Discovery session (ca.30Min.), to understand your situation and your objectives
 - 1x Coaching session (60Min.), ideally min.1 month before the Driving Experience
 - 1x Preparation session (ca.30Min.), the afternoon/evening before the Driving Experience
 - 2x Day Coaching at the track
- Organized in cooperation with Tommi Mäkinen Racing. Tommi Mäkinen is present at the driving days.



**EARLY
BIRD**

Book before 20.12.2026:

Co-pilot Tommi Mäkinen in a non-WRC Rally car on a lap of the Ice Circuit!

PRICING - 1-DAY / PERSON

3 200.-€

PRICING - 2-DAYS / PERSON

5 790.-€

*Group transportation on Arrival & Departure Days as indicated on respective programs.

©Lifedrive s.à r.l. 2026 / 01.09.2026 / Conditions & terms apply / Subject to changes / Images ©Henry Mäkinen 2026

All prices include 17% VAT.

Optional

Live the unique experience to **Co-pilot Tommi Mäkinen at the wheel of the original Toyota Yaris WRC**, driven by Ott Tänak and Martin Järveoja in the 2018 WRC season, or a Toyota Yaris WRC Prototype.

2 100.-€

Additional driving on other cars:

BMW Rally (RWD)

25.-€ / km

Toyota Auris Rally (FWD)

31.-€ / km

Rally4 Peugeot 208 (4WD)

57.-€ / km

Toyota Yaris WRC2

150.-€ / km

Accompanying guests are welcome!

For lunch, snacks, soft drinks and coffee/tea

50.-€ / person per day

Oxygen Advantage® Breath Training for Focus, Recovery and Performance. A personnalized training of 5x60Minutes for developping better stress handling, resilience in the moment of stress and the capacity for recuperation and focus.

430.-€ / person

Additional individual Coaching

1 Somatic Coaching session (60Min.)

130.-€ / session

Bloc of 3 Somatic Coaching sessions (60Min./session)

380.-€ / 3 session bloc

Personalize your Experience

Have a private event!

A club event, corporate group,...organize a private event for your group at the Ice track. With the possibility to add workshops and coaching on learning, recovery and performance.

Contact me for a quote

Bring your own car!

Studded tyres, Technical assistance, dry storage, Transport for non-road legal cars... We have propositions so you can drive your car, with instruction, on the Ice track! Classic Cars, Rally Cars (modern or historic),...- you are welcome!

Contact me for a quote

Winter Outdoor Activities

Winter Hiking Tours, Snowmobile Safaris,...locally organized tours for different levels in Tahko.

Contact me for a quote



In addition

Accommodation

Luxury Wellness-Spa Hotel, Boutique Hotel at the ski slopes, Finnish Hotel chain, luxury cottages, chalet at the lake,... I can help you with contacts and to arrange booking for your ideal accommodation option.

Transfers Helsinki-Kuopio

Flight, Train, Rental Car,...there are different options to travel from Helsinki Airport to Kuopio. I can help you also here with information and reservations.

Other activities & visits

Visiting Kuopio, Puijo Peak Tower, Winter Sport activities from Alpine Skiing (Tahko), Cross-Country, Ice Skating, Winter Hiking,...the region of Kuopio has many options if you want to turn the Ice Driving Experience into a winter vacation, for yourself, with friends and family. I can help with information and contacts.

Dates & Reservation

Choose dates that would work for you in February 2027. Depending on availability, the experience is booked on your preferred available date(s). The coaching is arranged depending on our mutual availabilities.

You can contact me to make a reservation and book your experience.

Deposit at reservation:

40% of the total value of the Driving Experience & Somatic Coaching, including 17% VAT

Remaining amount:

60% of the total value of the Driving Experience & Somatic Coaching, including 17% VAT, to be paid a minimum of 30 days before the start of the Experience

Contact

Contact me for any questions, organisation, a personalized quote or to make a booking!

astrid@movinghistory.lu

