

Grounding & Being

A retreat for all the senses.

Do you feel a longing to reconnect with yourself? This retreat invites you to slow down, feel more deeply, and live more consciously. Hearing, seeing, feeling, sensing—engaging all your senses. Clarity emerges in the silence; renewed energy arises in the present moment. Gentle movements, mindful breathing, and conscious walking—including barefoot—guide you back to your inner balance. The combination of nature, movement, and mindfulness creates a holistic experience for body and mind.

WHAT TO EXPECT

- Nature & exercise
- Mindfulness & stillness
- Bodywork & conscious awareness
- Deep self-discovery & renewed energy

PACKAGE INKLUSIVLEISTUNGEN

- Full seminar programme as per the schedule
- Full board (5 meals a day) with a focus on a keto-based diet
- Access to the spacious 3,500 square metre spa area

RETREAT PROGRAMME

DONNERSTAG – CHECK-IN & WELCOME

15:00 - 16:00 Check-in & Welcome

17:30 - 18:30 Gentle Yoga Flow

19:00 Dinner together (with Peter and Dani)

FREITAG – FOCUS & CONNECTION WITH NATURE

08:30 - 11:30 Mindful walk

16:00 - 17:00 Breathwork

18:00 DINNER

SAMSTAG – DEPTH & SELF-AWARENESS

05:00 - 07:00 Sunrise walk

11:00 - 11:50 Stability & Balance Training

12:00 Lunch

14:00 - 16:00 Self-reflection in the forest

18:00 Dinner together

SONNTAG – STRENGTH & INTEGRATION

07:30 - 08:00 Tone-up aqua aerobics

Language of the retreat: German (English translation available on request).

€1,460 per person in a single room
€1,310 per person in a twin room
3 nights / 4 days, including board and lodging

Terms and Conditions
Max. 8 people (min. 3)
Free cancellation up to 7 days in advance.