

Paint & Mindfulness

Every person possesses feminine qualities such as creativity, intuition and beauty. Unleash your feminine power – with ease, freedom and joy. Find peace, let go and enjoy wellness, beauty and delicious cuisine. With no prior experience required, the artist will guide you step by step to create your own personal torso artwork.

PACKAGE INCLUSIONS

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

ABOUT THE SEMINAR LEADER

Josefine loves guiding people through creative experiences that move and enrich them. With over 25 years' experience in painting, she creates a safe space where creativity, mindfulness and joy come together. With great ease, she takes you by the hand and guides you towards your very own work of art – and towards an experience that goes far beyond simply painting.

RETREAT PROGRAMME

FRIDAY

14:00 Check-In

17:00 - 18:00 Getting to know each other & creative prompts
In a relaxed atmosphere, we get to know one another and playfully immerse ourselves in the world of creativity with paper, pens and colours. Without any pressure at all, initial ideas begin to take shape and we discover the joy of self-expression.

18:30 Dinner together & a night out at the bar

SATURDAY – EMBRACE YOUR FEMININE SIDE

07:00 - 09:00 Breakfast

10:00 Guided meditation in the Transformation Room

11:30 - 13:30 Lunch

15:00 - 17:00 Paint your torso artwork

18:30 Dinner together & a night out at the bar

SUNDAY – REFLECTION & CONCLUSION

07:00 - 09:00 Breakfast

10:00 Exhibition opening & get-together

Over a glass of non-alcoholic Sparkling Tea, we'll admire the artworks on display, share our impressions and celebrate the joy of creativity. Free late check-out is included – so you can relax and enjoy our spa and wellness area right up until your departure.

€1,365 per person in a single room
€1,175 per person in a double room
2 nights / 3 days, including board and lodging

Terms and Conditions
Max. 6 people (min. 2)
Free cancellation up to 7 days in advance.



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