

Breathoflife

Autumn invites you to listen to your inner self, slow down and connect with your breath. As nature transforms and lets go, space is created for depth, clarity and new energy. This retreat combines conscious breathwork, mindful breathing and time spent in the autumnal outdoors. It is a space where you can rediscover your breath, release tension and connect with your inner rhythm.

CONTENTS & FOCUS

- Guided breathwork sessions
- Preparation for cold-weather experiences
- Somatic exercises & body awareness
- Focus on mental strength
- Sound baths, conversations, community

PACKAGE INCLUSIONS

- 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

Exclusive one-to-one session on request

Breath analysis & breath coaching: €120 per hour
Identification of breathing patterns, oxygen level measurement, diaphragm exercises, Bolt Score measurement & coaching. Includes 1 Breathology e-book by Stig Severinson.

ÜBER DEN SEMINARLEITER

You will be guided by Markus Busslehner (Markus Terra), a qualified breathing coach, musician and facilitator for body-oriented group work. His work is intuitive, vibrant and characterised by rhythm – a space where there is nothing to achieve, yet a great deal can happen.
www.markusterra.com

Safety note: Breathwork is not a substitute for medical advice. Please avoid intensive breathing sessions if you have: epilepsy, cardiovascular disease, bipolar disorder, schizophrenia, psychosis or have recently undergone lung surgery. Never practise whilst in water or whilst driving.

RETREAT PROGRAMME

THURSDAY – ARRIVAL & GROUNDING

15:00 Check-in
17:00 – 18:00 Getting to know each other & breathing (grounding breathing session, activation of the parasympathetic nervous system, handpan outro)
18:30 Dinner together

FRIDAY – MENTAL STRENGTH & BREATHING POWER

07:30–08:15 Centred Breathwork (for nerve activation)
08:30 Breakfast
10:30–11:30 Mental Strength (talk by professional ski coach and in-house mental coach Wolfgang)
17:00 – 18:00 Respiratory Muscles Workshop
18:30 Group dinner

SATURDAY – NATURE & FREQUENCIES

07:30 – 08:15 Breathing techniques for everyday life (3 different breathing methods for use at home)
09:00 – 10:00 Breakfast
13:30 – 14:00 Sound nap (letting go through frequencies & vibrations)
16:00 – 17:30 Sauna ritual (regulating breathing & the environment with heat)
or
Cryotherapy chamber (optional experience for greater vitality & health)

SUNDAY – STRENGTH & INTEGRATION

09:00 - 10:15 Power Breathing (breathwork combined with progressive muscle tension, manifestation & closing sharing session)

Language of the retreat: German (English translation optional).

1.460 € per person in a single room
1.310 € per person in a twin room
3 Night / 4 days including board and lodging

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