

Retreat into Silence

with Katharina Körner · The Space of Silence

Silence – the rare luxury of our time. Take a conscious pause and find your way back to your inner calm. This retreat is for anyone who feels mentally stretched, wants distance from constant availability and longs to feel like themselves again. No prior experience of meditation or retreats is required.

PACKAGE INCLUDES

- Accommodation at Mount Med Resort
- Delicious, health-conscious meals
- Access to the resort's varied weekly programme
- Use of the spa area

ABOUT YOUR HOST

Katharina Körner has spent decades supporting people through challenging phases of life. She holds several psychological qualifications and worked for many years in cooperation with a children's and young people's hospice. Drawing on personal experience and profound change, she developed "The Space of Silence". Today she holds a clear, reliable and protected space in which people can come to rest and meet themselves again.

Sometimes silence speaks louder than words.

katharina-koerner-retreat.de

RETREAT PROGRAMME

THURSDAY – ARRIVAL & ORIENTATION

- 3:00 pm – 4:00 pm Check-in & welcome
- 5:00 pm – 5:45 pm Introduction to "The Space of Silence"
- 6:30 pm Dinner together with Katharina
- 8:00 pm – 8:30 pm Opening of "The Space of Silence"
- A gentle transition from everyday life into silence.

FRIDAY – RELIEF & RETREAT

- 7:00 am – 9:00 am Breakfast
- 9:45 am – 10:45 am Space of Silence – morning session
- 10:45 am – 11:30 am Personal time to withdraw
- 11:30 am – 1:00 pm Lunch
- 3:30 pm – 4:30 pm Space of Silence – deepening
- 6:30 pm Dinner
- 8:00 pm – 8:30 pm Quiet close of day & brief sharing

SATURDAY – DEPTH & RESTORATION

- 7:00 am – 9:00 am Breakfast
- 9:45 am – 11:00 am The Silent Space – extended group session
- 11:30 am – 1:00 pm Lunch
- 3:30 pm – 4:30 pm The Silent Space – integrating the silence
- 6:30 pm Dinner together with Katharina

SUNDAY – RETURN & CLOSING

- 7:00 am – 9:00 am Breakfast
- 9:45 am – 10:45 am The Silent Space – a gentle return
- 10:45 am – 11:15 am Closing circle
- Lunch or individual departure

€1,370 per person in a single room
€1,220 per person in a double room
3 nights / 4 days, board & lodging incl.

Dates
3 – 6 December 2026
25 – 28 March 2027

Terms
Small group of max. 8 people
Individual session with the
retreat host can be booked