

4-DAY FLOW & GLOW

A PLAYFUL YOGA & WELLNESS ESCAPE

(24.–27. APRIL 2025)

DAY 1

Arrival & Letting Go

3:00 – 5:00 PM | Arrival & check-in, Welcome Tea

Arrive at the retreat, settle into your room, and enjoy a soothing welcome tea to begin the unwinding process.

5:00 – 5:30 PM | Welcome ceremony & intention setting circle

A warm welcome to connect, arrive, and set your intentions for the retreat. Meet the retreat guides and therapists who will be guiding you through the weekend.

5:30 – 6:45 PM | Gentle Yin Yoga & Welcome Meditation „Letting Go & Arriving“

A deeply relaxing Yin Yoga session combined with a guided meditation to release stress and arrive fully in the present moment.

7:00 PM | Group dinner (Ayurvedic, local, healthy)

Nourish your body with a carefully curated meal based on Ayurvedic principles, using fresh and local ingredients.

DAY 2

Connecting Body & Mind

7:00 – 8:00 AM | Optional for early risers: Breathwork & Ice Bathing & Raw Cacao

Start the day with deep breathwork and an invigorating cold plunge, followed by a heart-opening cacao to awaken body and mind.

8:00 – 9:15 AM | Ashtanga Vinyasa

A powerful Ashtanga Vinyasa-style yoga session designed to energize the body and promote inner strength through aligned breath and movement.

9:30 AM | Ayurvedic Breakfast

A nutritious breakfast based on Ayurvedic principles to nourish and balance your body.

11:00 – 12:30 AM | Workshop: „Understanding & Reducing Stress mindfully“

Learn about the science of stress, its impact on the body, and practical mindfulness techniques to manage it effectively.

1:00 – 2:00 PM | Lunch

until 5:30 PM | Free Time – Forest Walk, Wellness, Treatments or Counseling Sessions

Use this time for self-care: enjoy a relaxing spa treatment, book a personal counseling session, or explore the serene nature surrounding the retreat.

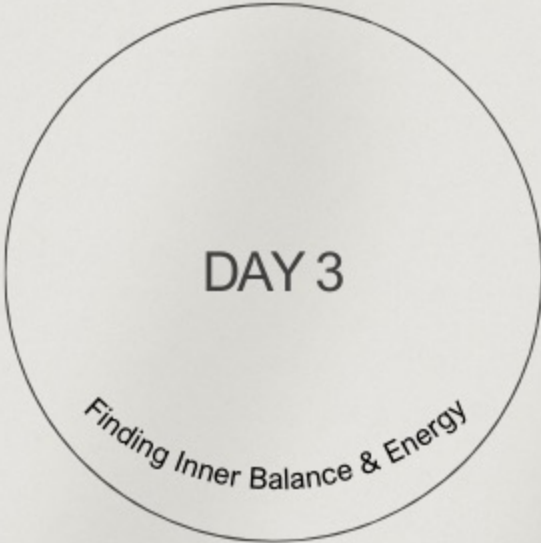
5:30 – 6:45 PM | Slow Down Yoga & Meditation

A restorative yoga session to release tension, followed by a calming meditation to soothe the nervous system.

7:00 PM | Dinner

8:00 PM onwards | Exclusive Evening Wellness Experience

Unwind in the luxurious spa area, featuring a bio and Finnish sauna, steam bath, Kneipp pool, and a quiet lounge with panoramic nature views—exclusively reserved for retreat guests for a truly serene and private experience.



7:00 – 8:00 AM | Optional for early risers: Breathwork & Ice Bathing & Raw Cacao

Start the day with deep breathwork and an invigorating cold plunge, followed by a heart-opening cacao to awaken body and mind.

8:00 – 9:15 AM | Dynamic Yoga Flow

An uplifting and energizing yoga session to activate strength, flexibility, and breath awareness.

9:30 AM | Ayurvedic Breakfast

A nutritious breakfast based on Ayurvedic principles to nourish and balance your body.

11:00 – 12:30 AM | Workshop „The Power of Self-Compassion“

This workshop guides you in softening resistance, embracing life’s challenges with an open heart, and transforming self-judgment into kindness—bringing more ease, warmth, and connection into your life.

1:00 PM | Lunch

until 5:30 PM | Free Time – Forest Walk, Wellness, Treatments or Counseling Sessions

Take advantage of spa services, coaching sessions, or simply immerse yourself in nature.

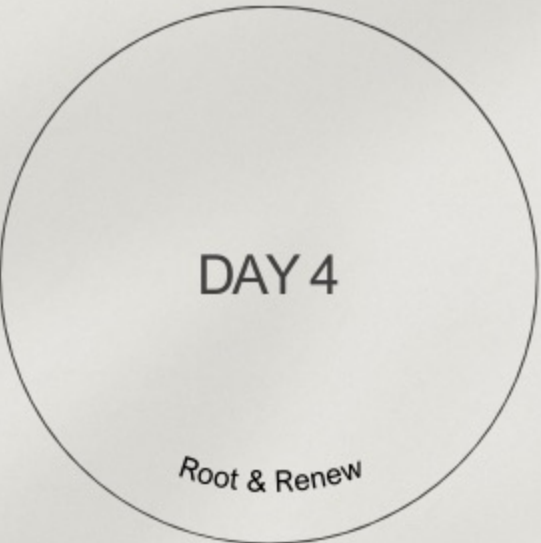
5:30 – 6:30 PM | Sacred Sauna Ceremony & Heart Opening Meditation

Experience a unique sauna ritual combined with a guided meditation to open the heart and promote deep emotional healing.

7:00 PM | Dinner

8:00 PM onwards | Camp fire by the Beach & Evening Wind Down with "Moon Milk"

A sociable closure for the retreat guests with soft music or storytelling around the fire and “Moon Milk” (an Ayurvedic drink traditionally consumed before bedtime to promote relaxation and calm the mind).



7:00 – 8:00 AM | Optional for early risers: Breathwork & Ice Bathing & Raw Cacao

Start the day with deep breathwork and an invigorating cold plunge, followed by a heart-opening cacao to awaken body and mind.

8:00 – 9:15 AM | Forest Yoga & Grounding

Reconnect with nature through mindful movement and a grounding walking meditation before leaving.

9:30 – 11:00 AM | The Art of Eating Consciously - Silent Ayurvedic Breakfast

Experience a mindful eating ritual by enjoying breakfast in silence. Through slowing down, we awaken our senses, and deepen our awareness and appreciation of the nourishment that sustains us.

until 1:00 PM | Free Time – Forest Walk, Wellness, Treatments or Counseling Sessions

Learn practical tools and rituals to bring mindfulness into your everyday routine for long-term well-being.

1:00 PM | Lunch

2:30 – 3:30 PM | Closing Circle: Creative Reflection, Feedback & Farewell

Share insights, and set intentions for the future in a closing ceremony.

4:00 PM | Departure