

HOSTS



NELE

Meet Nele - Your Guide to Emotional Well-Being & Mindfulness.

Nele is a psychotherapist, mindfulness and MBSR teacher in training. With a deep passion for the transformative effects of applied psychology, Buddhism, and meditation she creates safe, inviting spaces where you can explore the mind, heal from within, and develop a deeper connection to yourself.

Her approach integrates psychological techniques with mindfulness practices, offering a holistic path to emotional well-being. She guides participants in cultivating mindfulness, emotional awareness, and resilience, while fostering a stronger sense of self-awareness and inner peace. Whether you're seeking support on your mental health journey or looking to deepen your compassion and understanding for yourself and others, Nele is there to help you navigate your path with wisdom and care.

In addition to her work as a psychotherapist and MBSR trainer, Nele is a certified multi-style yoga teacher, incorporating movement and breathwork as powerful tools for emotional healing and calm. Through her intuitive guidance, you will learn to embrace the present moment, build emotional resilience, and create lasting positive change in your life.



KAROLINA

Meet Karolina – Your Guide to Balance & Holistic Health

Karolina is a certified Multistyle Yoga Teacher with additional specializations in Pre- and Postnatal Yoga. With a deep passion for holistic well-being, she also facilitates transformative breathwork sessions and guides participants through the transformative practice of ice bathing.

For over 15 years, Karolina has been practicing therapeutic fasting and has been guiding others through fasting experiences in recent years. She deeply believes in its healing benefits for the body and mind, integrating it as a powerful tool for regeneration and self-discovery.

As a dedicated practitioner and mother, Karolina understands the importance of balance—physically, emotionally, and mentally. Her approach combines mindful movement, breath awareness, and holistic self-care, offering a supportive space for growth, reflection, and inner balance.

With her warm and intuitive guidance, Karolina encourages you to tune into your body, release tension, and cultivate a deeper sense of well-being and vitality.