



The Breath & Balance Retreat

A 3-DAY JOURNEY TO RELAXATION,
RENEWAL & INNER BALANCE

Step away from daily demands and reconnect with yourself through a transformative wellness retreat in nature. Combining breathwork, Reiki healing, chakra rebalancing, meditation, forest immersion, gentle movement, and restorative sauna rituals, this experience is designed to calm the nervous system, restore energy, and create lasting inner balance. Over three days, you will move through a natural process of grounding, opening, and integration—allowing space for deep relaxation, emotional release, and personal renewal.

Highlights Include:

- Daily guided breathwork sessions
- Reiki healing and chakra balancing
- Forest walks and nature immersion
- Meditation and vibrational relaxation
- Gentle movement and Pilates
- Sauna rituals twice daily
- Time for rest, reflection, and spa enjoyment

Leave feeling grounded, refreshed, and deeply connected to yourself—with renewed clarity, balance, and well-being.

The Breath & Balance Retreat

FALKENSTEINER HOTEL CRISTALLO

Reconnect with yourself through a carefully designed wellness experience combining breathwork, Reiki, chakra rebalancing, meditation, forest immersion, and restorative sauna rituals. Set in nature, this retreat supports deep relaxation, energetic balance, and nervous system restoration. Each day follows a natural rhythm of activation, release, and integration—guiding you gently back to inner clarity and balance.

Thursday
ARRIVAL &
GROUNDING

Time

Programme

17:00–18:30

Arrival & Check-in
Opening Circle
Introductions to the B&B retreat
Setting intentions

19:45

Welcome Dinner

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Friday GROUND & RELEASE

Time	Programme
08:00-08:20	Sunrise Breathwork
08:30	Breakfast
09:30-10:15	Gentle Pilates
11:00-13:00	Forest Walking & Nature Awareness with Snjezana
13:00	Lunch
13:00-15:00	Break
15:00-16:00	Chakra Rebalancing (Root, Sacral & Solar Plexus) Chakra oils Chakra stones Guided breathwork (together with Alessandro)
16:30	Sauna Infusion – Earth & Grounding
17:30	Sauna Infusion – Release & Purify
18:15-19:15	Integrative Breathwork & Deep Relaxation & Vibrational Meditation (together with Alessandro)
19:00-20:00	Free time / Spa / Herbal Tea / Journaling
19:45	Dinner

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Saturday
OPEN &
AWAKEN

Time

Programme

08:00-08:20

Morning Breath Activation

08:30-09:00

Gentle Pilates with Snjezana

09:00

Breakfast

11:30-12:30

Reiki Healing

12:30-13:00

Integrative Breathwork

13:00

Lunch

14:00 -16:00

Break

15:00-16:00

Chakra Rebalancing (Heart, Throat, Third Eye & Crown) and
Heart Opening Breathwork (together with Alessandro)
Chakra oils
Chakra stones
Meditation

16:30

Sauna Infusion – Heart Opening

17:30

Sauna Infusion – Clarity & Light

18:15-18:45

Breathwork for Inner Stillness and Angelic Meditation
(together with Alessandro)

18:45-20:00

Spa Relaxation / Tea Ceremony / Quiet Time

19:45

Dinner

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Sunday
**INTEGRATE &
RETURN**

Time

Programme

08:00–08:20

Morning Gratitude Breathwork

08:30–09:00

Gentle Stretching with Snjezana

09:00

Breakfast

10:45–11:30

Closing Circle
Reflection
Gratitude
Closing ritual

11:30

Check-out

Welcome Home!

INFORMATION & BOOKING

cristallo@reservations.falkensteiner.com, Tel. +43 50 9911 8014
falkensteiner.com/cristallo