



program inclusions

Reconnect workshops combining intuitive dance, yoga, meditation, healing and energy work

Daily morning yoga and evening meditation

Opening ceremony in the newly built Zendome

Outside fire ceremony

Outdoor workshops and nature walks with breathtaking views

3 nights accommodation in twin rooms made out of fresh pine wood (single rooms on request)

Full board with 3 delicious organic meals a day

Free use of the SKY SPA including sauna, steam room and a heated rooftop pool

Workshop materials and welcome gifts



I am looking forward to meeting you!

Sandy Schleider

For more information or bookings:

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reconnect

embrace your potential

Austria Retreat

19th to 22nd May 2022

enjoy
the lightness of being

**4-DAY MOUNTAIN RETREAT
AT SAALFELDEN LEOGANG IN THE AUSTRIAN ALPS**

WHEN: 19th to 22nd May 2022

WHERE: Forsthofalm Holzhotel, Austria. A beautiful nature and spa hotel situated in the Austrian Alps, offering a breathtaking 360° panorama view.

LANGUAGE: English, with translations into German and French if required.

FEE: 1.080,00 EUR including retreat program, accommodation (double room), full board and use of spa facilities. Single rooms at extra cost on request, depending on availability.



austria retreat what to expect

This 4-day-retreat provides a protected space for yourself. It is designed to harmonise body, mind and soul in a very gentle yet effective way.

We enjoy 3 full days of reconnect workshops. Different techniques and practices support us to connect with ourselves and other participants on a deep emotional level.

We go into silence. We move our bodies. We dive deeper into our hearts. We let go of old patterns, fears and conditionings. We enjoy the lightness of being and allow our inner strength to shine.

We engage in a daily yoga practice which aims to deepen the connection to our bodies, to increase

both our muscle strength and flexibility, to enhance our vitality, to develop a calm and deep breath.

We experience both passive and dynamic meditation practices, enabling our mind to ease and to focus and our heart to open. We do outdoor workshops and nature walks with breathtaking views. We do beautiful ceremonies in the newly built Zen-dome and around an outside fireplace.

With daily journaling sessions we support our inner processes. We record inner and outer experiences. We treat specific questions and stimuli provided during the day. We train our ability to capture the present moment. In between workshops we have free time to enjoy our own space and rhythm as well as the relaxing SKY SPA facilities of the Forsthofalm hotel.

For both women and men of every age and in every life situation. Yoga or meditation experience is not a prerequisite.

