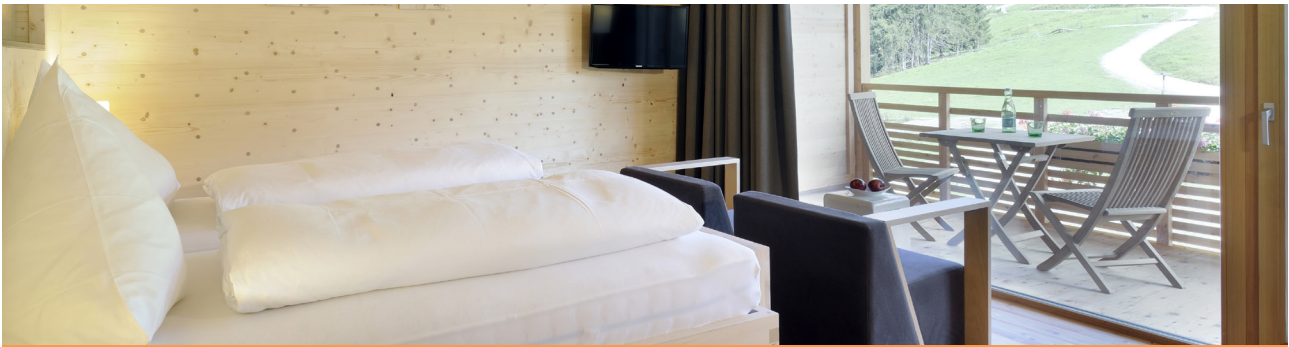




# *Austria Retreat*

19th to 22nd May 2022





## retreat registration & accommodation booking

### BOOKING PROCESS

Please book your retreat in two steps: 1. retreat registration, 2. accommodation booking

### RETREAT REGISTRATION

To confirm your registration please transfer the retreat fee to the following account:

Sandy Schleider // DKB – Deutsche Kreditbank AG

IBAN DE61 1203 0000 0016 8976 96 // BIC: BYLADEM 1001 // Retreat fee: EUR 540

### ACCOMMODATION BOOKING

After your retreat registration has been confirmed please book your accommodation by using the booking code ‚reconnect retreat 2022‘ as a reference.

Accommodation can be booked directly with Forsthofalm Hotel.

Via email: [booking@forsthofalm.com](mailto:booking@forsthofalm.com)

Or phone: +43 6583 8545 55

### ACCOMMODATION OPTIONS

- Twin room (standard accommodation): € 540
- Single room (available on request): € 685

Prices include 3 nights accommodation, full board with 3 organic meals a day, free use of the SKY SPA including sauna, steam room and a heated rooftop pool.

An additional tourist tax of total EUR 6 per person is applicable.



enjoy  
the lightness of being



## retreat program

### **THURSDAY MAY 19TH 2022** **ARRIVAL BETWEEN 12.00 AND 15.00**

15.00 to 17.00 get-together, afternoon snack  
17.00 to 18.30 welcome circle  
18.30 to 20.30 dinner  
20.45 to 21.30 evening meditation

### **FRIDAY MAY 20TH 2022**

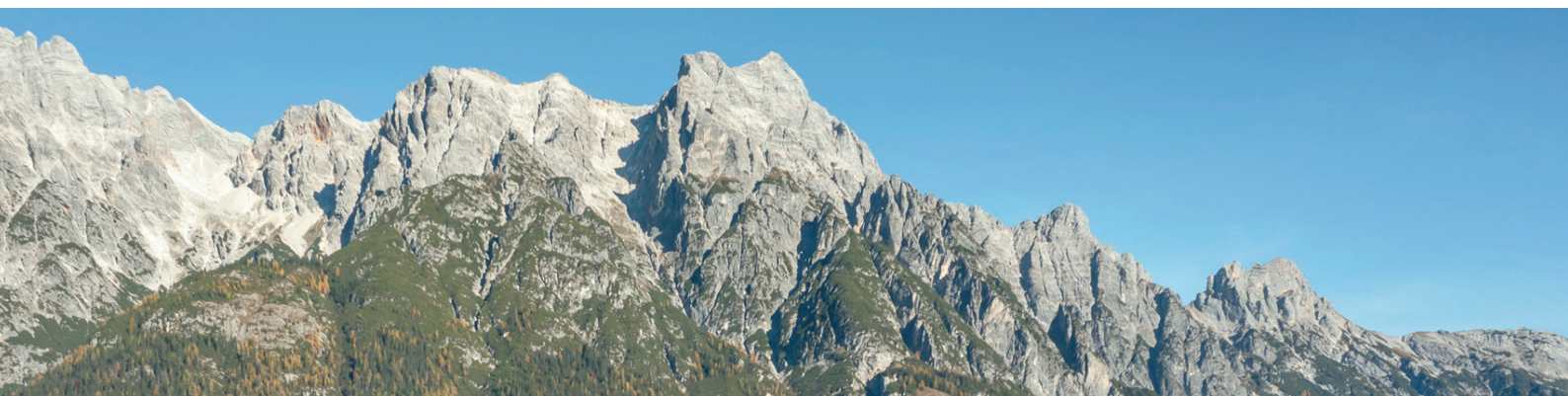
08.00 to 09.15 morning yoga  
09.15 to 10.30 breakfast  
10.30 to 12.30 opening ceremony  
13.00 to 14.00 lunch  
14.30 to 16.00 indoor workshop  
16.00 to 16.30 self-led journaling practice  
16.30 to 18.30 free time, use of SKY SPA  
18.30 to 20.30 dinner  
20.45 to 21.30 evening meditation

### **SATURDAY MAY 21ST 2022**

08.00 to 09.15 morning yoga  
09.15 to 10.30 breakfast  
10.30 to 12.30 outdoor workshop  
13.00 to 14.00 lunch  
14.30 to 16.00 indoor workshop  
16.00 to 16.30 self-led journaling practice  
16.30 to 18.30 free time, use of SKY SPA  
18.30 to 20.30 dinner  
20.45 to 21.30 evening meditation

### **SUNDAY MAY 22ND 2022** **DEPARTURE FROM 14.00**

08.00 to 09.15 morning yoga  
09.15 to 11.00 breakfast and checkout  
11.00 to 13.00 closing workshop  
13.00 to 14.00 lunch



#### **Contact, more information or bookings:**

Phone: +352 (0)621 743411  
E-Mail: [contact@embrace-your-potential.com](mailto:contact@embrace-your-potential.com)  
[www.embrace-your-potential.com](http://www.embrace-your-potential.com)

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[www.forsthofalm.com](http://www.forsthofalm.com)