

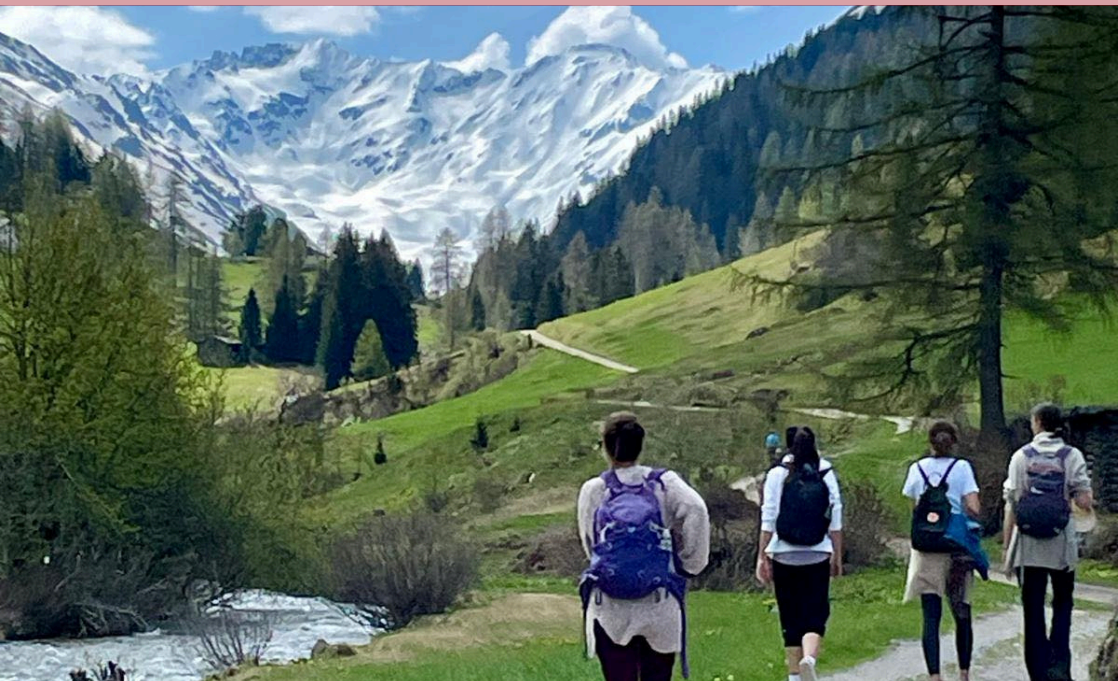
APRIL 11TH TO 13TH
FRIDAY TO SUNDAY

Awakening to Life Spring Retreat

Three days, two nights retreat with Myriam and Nicole.
Unplug - disconnect from the distractions and noise, and awaken
to your inner peace, vitality and purpose.

At the beautiful Stelserhof mountain retreat space, surrounded
by rivers and forests.

Nature, Yoga Nidra relaxation, Yoga Therapy, Sound Healing,
Cacao Ceremony, Dance, Meditation and Sharing Circles.



Retreat Centre

Stelserhof is a beautiful retreat centre in the village of Stels in Prättigau, just 1.5 hours from Zurich by train.

Retreat start:

Friday April 11th 2025 4:00 pm

Retreat end:

Sunday April 13th 2025 2:00 pm

What Saturday might look like:

8.30 am Nourishing Yoga & Yoga Nidra

10.30 am Brunch buffet

11.30 am Nature Walk & Forest Bathing

2pm Snack

4pm | Cacao Ceremony

6pm | Dinner

7.30pm | Evening Yoga Circle with Yoga Nidra, circle sharing and sound healing

Retreat cost: 450.-

Early bird until 28th Feb: 350.-

Room & Meals at Stelserhof:

Two nights full board per person:

364.- single ensuite room

324.- double ensuite room

318.- single with in room sink

278.- double with in room sink

Contact & Bookings:

Myriam: myriambartu@gmail.com

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Please book your retreat spot here:

<https://forms.gle/RRgYWxwbLqvewb8A7>

