



BODY | MIND | SOUL

Move your body, calm your mind, touch your soul

02.11.2025 - 09.11.2025



WHAT AWAITS YOU

The retreat

Immerse yourself in a healing time-out – surrounded by the gentle vineyards of South Tyrol, carried by the power of nature and the stillness within you.

This retreat is a heartfelt invitation to reconnect with your body, quiet your mind, and give your soul the space to breathe.

You'll experience a nurturing blend of meditation, mindful yoga practice, soothing massages, and restorative spa moments – for renewed energy, inner love, and a deep sense of connection.

Discover the beauty of truly arriving within yourself – in a place that gently invites you to pause.

LET YOURSELF BE ENCHANTED AND DEEPLY NURTURED

What awaits you



MEDITATION

- Calm the mind's carousel
- Refine the breath
- Regenerate the vagus nerve
- Balance the nervous system
- Harmonize the sympathetic and parasympathetic responses



YOGA

Alignment
Clarity
Heart opening
Stability
Grounding
Lightness
Flow



MASSAGE & SPA

- Detox in harmony with herbs
- Element-inspired signature massages
- Elemental sauna infusions
- Lakeside sauna cabin
- The magic of sound bowls

The highlights

M U L T I P L E Y O G A C L A S S E S D A I L Y

With its many styles and teaching approaches, yoga is suitable for every age, every pace, every life situation, and every personal need. The teacher is also a student – and vice versa. You'll learn to honor your own rhythm, whether in a group setting or through one-on-one guidance, always professionally supported and mindfully held. Here, you are given the time and space to return to yourself.

B R E A T H A W A R E N E S S - P R A N A Y A M A

M E D I T A T I O N S

Guided by breath, in stillness, walking, or accompanied by sound bowls – the experience of directing your life energy allows you to relax and leads you back into your inner strength.

T A L K S O N N U T R I T I O N A N D H O R M O N E Y O G A

F O U R E L E M E N T S M A S S A G E S

The spa team is delighted to introduce you to a harmonious retreat that brings you back into balance.



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Might this be the pause I've been longing for?

TARGET GROUP

Of course, there are the high-flyers – those who flow into handstands or fold a leg behind their ear. But don't let that intimidate you. What we can say upfront: you don't have to do any of that.

You can simply take an hour a week for yourself, or gift yourself this retreat – to dive into something that nurtures both body and soul, to find relief, and to experience your own quiet moments of growth.

LEVEL OF DIFFICULTY

By success, we mean learning to distinguish between tension and relaxation, finding calm through conscious breathing, gaining better control over your thoughts, feeling more energized, and experiencing a growing sense of strength and flexibility – both in body and mind.

EVERYONE IS WARMLY WELCOME

this week's program



B a l a n c e



A c t i v e



R e l a x

Sunday 03.11.2025		Monday 04.11.2025		Tuesday 05.11.2025		Wednesday 06.11.2025		Thursday 07.11.2025		Friday 08.11.2025		Saturday 09.11.2025		Sunday 10.11.2025	
08.15 - 09.00		Aqua Gym		Aqua Yoga		Aqua Gym		Morning Yoga Strong center Inner balance		Qi Gong by the lake		Pranayama Breath awareness Breath work		Pranayama Breath awareness Breath work	
09.00 - 10.00		Yoga to start the day Grounding and Stability				Yoga Energy and joy of life				Yoga by the lake Alignment, focus Clarity		Yoga SEELEITEN Flow		Yoga Empower your Day	
10.00 - 11.00				Bike Tour 10.00 - 13.00				Bike Tour 10.00 - 14.00		Fitness consultation 45 minutes					
11.00 - 11.45				Bike Tour 10.00 - 13.00		Balance Pezziball		Bike Tour 10.00 - 14.00		Weight training					
12.00 - 13.00		Talk Your nutrition and gut health		Bike Tour 10.00 - 13.00		Hike until 2 PM to Montiggl with breathwork and ZEN gymnastics		Bike Tour 10.00 - 14.00		Sound bath therapy with singing bowls					
16.00 - 17.00	Welcome Get together Good to know	Sauna infusions inspired by the elements		Core - Legs - Glutes 45 minutes		Sauna infusions inspired by the elements		Introduction Talk Hormone Yoga		Sauna infusions inspired by the elements					
17.00 - 18.00	Breath Work Breath awareness Introduction	Yoga Backbends Relaxation for the back		Yoga Hear your Voice				Pilates 45 minutes		Aqua Yoga 45 minutes Balance your Body		Embodiment Swing your Soul			
18.00 - 19.00	Relax Yoga Welcome Yourself	Meditation Chakra Balance		Mantra chanting Connect with your voice		Yin Yoga Relax Relaxed muscles Calm mind		Yoga Slow Down		Yoga Brain Balance		Yin Yoga Relax Body Mind Soul			

LET YOURSELF BE INSPIRED AND CREATE SOMETHING NEW

The yoga teacher team



SANDRA CAMPE

Yoga teacher
Mental coach



MANUELA HANNY

Yoga teacher

What our guests say

It was truly beautiful



“We truly found deep calm. If we had known earlier how good it feels, we would have come much more often.”

A dreamlike, deeply relaxing holiday



“The Body Mind Soul week at SEELEITEN is already firmly planned for next year.”

A wonderful break with great yoga teachers



“Finally some time for myself – and to learn all this with such professional guidance – simply wonderful.”



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Will we see you
in November?

We look forward to welcoming you!