# 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



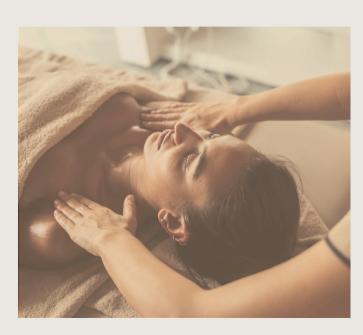
#### ΜΕΟΙΤΑΤΙΟΝ

- 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

#### MULTIPLE YOGA CLASSES DAILY

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.

#### BREATH AWARENESS - PRANAYAMA

#### MEDITATIONS

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.

#### TALKS ON NUTRITION AND HORMONE YOGA

#### FOUR ELEMENTS MASSAGES

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



#### BODY I MIND I SOUL

## 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.

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.

#### LEVEL OF DIFFICULTY

#### EVERYONE IS WARMLY WELCOME

## this week's program

	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	Embodyment 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

#### $\star$ $\star$ $\star$ $\star$

"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

#### $\star$ $\star$ $\star$ $\star$

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

## A wonderful break with great yoga teachers

#### $\star$ $\star$ $\star$ $\star$

"Finally some time for myself – and to learn all this with such professional guidance – simply wonderful." BODY I MIND I SOUL

# Will we see you in November?

Ne look forward to welcoming you!

