

Day 1 – Monday, 3rd November

09:00 | Departure from Zurich (Private Group Transport)

09:00 – 11:30 | Scenic journey to Bergkristall Hotel, Bavaria

11:30 – 12:30 | Arrival & Welcome Ritual

12:30 – 13:30 | Nourishing Lunch

13:30 – 15:00 | Free Time (Spa / Settle in / Rest)

15:00 – 16:30 | Workshop 1

16:30 – 18:00 | Workshop 2

18:30 – 20:00 | Dinner

20:00 – 21:00 | Fireside Intentions setting

Day 2 – Tuesday, 4th November

08:30 – 09:00 | Morning Movement & breath work

09:00 – 10:00 | Breakfast

10:00 – 12:30 | Workshop 3

12:30 – 13:30 | Lunch

13:30 – 15:00 | Integration Time (Spa / Walks / Journaling / 1:1 time)

15:00 – 17:30 | Workshop 4

17:30 – 18:30 | Rest & Reflection

18:30 – 20:00 | Dinner

20:00 – 21:30 | Evening Circle: guided relaxation

Day 3 – Wednesday, 5th November

08:00 – 08:30 | Gentle Morning Practice & Gratitude Circle

08:30 – 09:30 | Breakfast

09:30 – 11:30 | Workshop 5

11:30 – 12:30 | Closing Circle

12:30 – 13:30 | Final Lunch

13:30 – 14:00 | Relaxation, Spa, Packing

16:30 – 19:30 | Scenic drive back to Zurich

19:30 | Arrival back in Zurich