

Just you and coaches at the shores of

Forellensee

Gstaad-Zweisimmen/BE Switzerland

A MINDFULNESS JOURNEY IN | WARD

IN | WARD - INNE | HALTEN

A JOURNEY TO MINDFULNESS, RESILIENCE, AND INNER BALANCE

HIGHLIGHTS:

Find courage in silence and develop a nurturing attitude toward yourself. Each weekend retreat offers a unique theme:

ARRIVE: Immerse in silence, allow yourself space.

HOPE: Discover new perspectives, build inner strength.

ACCEPTANCE: Embrace limits, face new challenges.

CONNECTION: Deepen your relationship with yourself and others.

WHAT TO EXPECT:

- Meditation, Breathwork & Yoga
- Digital Detox, Silence, and Mindful Cooking
- 1:1 Coaching with experienced coaches
- HotPot, Cold Bath & Nature Experiences

DETAILS:

Duration: 4 weekends (**individual weekends bookable**)
Dates: Jan. 3-5, 2025; Jan. 31 - Feb. 2, 2025; Feb. 21-23, 2025; April 4-6, 2025
Location: Forellensee, Zweisimmen | Gstaad, Switzerland - cozy tiny houses, double rooms
Languages: German and English

RETREAT TEAM

Guided by a skilled team: Martin Rohner (Zurich), Joy Nallama (Lausanne), and Dani Müller (Zweisimmen).

BOOKING / REGISTRATION

CLICK OR SCAN THE RELEVANT QR CODE TO BOOK OR FOR MORE INFORMATION.

ONLINE BOOKING FOR:
IN | WARD



DISCOVER MORE
ABOUT THE JOURNEY

