



REBIRTH

A Breathwork & Ice Bathing Retreat

Itinerary

08.03.2025 - 11.03.2025

DAY 1: ARRIVAL & INTRODUCTION

- From 2PM** Arrival & Check-in
- 04.30 PM** Welcome & Retreat-Introduction
- 05.30 PM** Breathwork-Session (Let go of everyday life & arrive at the time-out)
- 07:00 PM** Dinner (Soothing, regional cuisine)
- 08:30 PM** Evening meditation 30 min. (The art of perception)

DAY 2: TRANSFORMATION THROUGH NATURE & MINDFULNESS

- 07:30 AM** Breakfast tea & fruit (optional)
- 08:00 AM** Morning meditation
- 08:30 AM** Ice bath session (introduction and guided practice)
- 10:00 AM** Breakfast buffet/brunch (hearty and healthy, until 12:00)
- 01:00 PM** Mindful hike (connection with nature, mindful walking & breathing)
- 03:00 PM** "Me-Time & Spa-Time" & slots for honey massage (50 minutes)
- 07:00 PM** Dinner (soothing, regional cuisine)
- 08:30 PM** Evening meditation (The lake)

DAY 3: STRENGTHENING RESILIENCE & BODY AWARENESS

- 08:00 AM** Breakfast tea & fruit (optional)
- 08:30 AM** Yoga session (gentle movements & mindfulness)
- 10:00 AM** Breakfast buffet/brunch (extensive and healthy, until 12:00 noon)
- 12:00 AM** "Me-Time & Spa-Time" & slots for honey massage (50 minutes)
- 04:00 PM** Breathwork session & journaling
- 07:00 PM** Dinner (soothing, regional cuisine)
- 08:30 PM** Evening meditation (Loving Kindness)

DAY 4: INTEGRATION & DEPARTURE

- 06:30 AM** Breakfast tea & fruit (optional)
- 08:00 AM** Breathwork session (a final energizing breath flow to integrate the retreat)
- 09:00 AM** Ice bath session (deepening the practice with a focus on mental strength)
- 10:00 AM** Breakfast buffet/brunch (hearty and healthy, until 12:00)
- 12:00 AM** Conclusion: Reflection & sharing of personal retreat experiences
- 02:00 PM** Departure

POST AM SEE

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