

Grow, transform,  
and create your best life!

## THE WELLNESS RETREAT

The retreat aims to promote the health and balance of the entire individual. We offer a holistic approach to self-care and encourage the integration of physical, mental, and emotional well-being.

Through the comprehensive consideration of the individual and the integration of various aspects of wellness, this retreat can become an immersive and transformative experience.



## DURATION & SCOPE

We offer holistic wellness retreats ranging from 5 to 10 days. Regarding the planning of duration and scope, we kindly request a personal conversation. Longer retreats allow for a more intensive experience, deeper transformation, and comprehensive relaxation. Price list and draft retreat week are available upon request!

Our goal is to involve experts from various fields of health prevention, as well as the hotel's spa team, and consider the specific conditions of the region.

## LOCATION

With you as partners, we offer a holistic package amidst extraordinary local conditions to achieve sustainable added value. We are seeking business partners who share the same goal and possess a unique and unforgettable location.

## BUDGET & FINANCE

As a retreat partner, we would be pleased to provide you with information on the planned budget, financing, and the costs that participants will incur.

## TARGET GROUP & NUMBER OF PARTICIPANTS

Health-conscious travelers, stressed individuals, wellness enthusiasts, those who value prevention, solo travelers, and groups are our target audience.

What unites the needs and interests of this target group is the promotion of health and well-being, as well as the pursuit of a holistic and transformative experience for the body, mind, and soul!

The number of participants in wellness retreats typically ranges from 8 to 15 people.

## PARTNER & EXPERTS

Our experts are professionals in their respective fields. This unique and immersive wellness retreat consists of various modules that can be flexibly adapted based on duration, scope, interest, and circumstances. To implement these diverse modules, we collaborate with specialists from the local area, who are engaged for the duration of the respective module.

## PARTNER SPONSORING

We are interested in partner sponsorship that authentically aligns with our wellness retreats. As a partner, there is an opportunity to showcase your brand or products to an engaged audience actively seeking holistic experiences.

# Redefine your health - in our retreat!

## THE TEAM

### CONTACT PERSON

Die Spa Managerin Katharina Kniepeiss  
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www.diespamanagerin.at

### RETREAT EXPERTS

Spa & Wellness Management  
Fitness & Bewegung  
Wald- und Kräuterpädagogik  
Mental Health  
Diätologie  
Beauty  
Medical  
Analyse

### BUSINESS PARTNER

Firstbeat Life

# RETREAT CONTENT

## ***Nutrition***

health preventive speeches, active workshops & cooking classes

## ***Nature & Forest***

Wild Nature Therapy - Experience the forest with all your senses:  
Sustainability & mindfulness in nature, herbal workshop

## ***Fitness & Exercise***

integration of the hotel's sports team or external experts  
Yoga, Tai Chi, fitness, body and coordination training

## ***Mental Health***

Workshops on meditation & mindfulness & brain training

## ***The Look***

health preventive lectures & workshops  
integration of the hotel's spa & beauty department  
including wellness treatments

## ***Analysis***

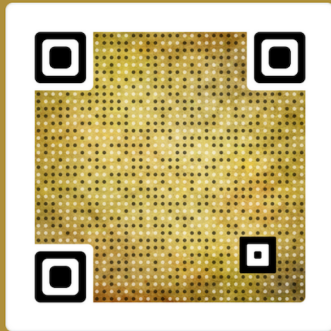
BIA analysis, skin analysis, HRV-messurmants

## ***Medical***

collaborations with medical specialists for health prevention  
analysis of micronutrients, intolerances and more

## ***Region***

trips & excursions in the local region



# SPA

*Die Spa Managerin*

KATHARINA KNIEPEISS