



06.-09. November 2025

Prunner Luxury Suites 

# Your Retreat

## Day #1 THURSDAY, 06th November

Arrival until 14.00

15.00-15.45

Welcome meeting in the relaxation room on the roof terrace

16.00-18.00

Evening Breathing meditation as a prelude and preparation of body and mind for the yoga weekend

18.30-19.30

Light vegetarian and vegan dinner

22.00 Silenzio

## Day #2 FRIDAY 07th November

8:00-10:00

Morning yoga - awakening the energies followed by a short meditation

10.00-11.30

Brunch time vegetarian and vegan

14:00-15:00

Breathe with the forest - short hike into the nearby forest, where we enjoy the scent of the forest, connect with nature and breathe (depending on the weather)

Time for your own personal oasis of relaxation:

- a Walk
- Relax by the pool - chill out with soothing sounds
- Sauna - sweat yourself happy!
- Pampering time with massages from Sabine - because you deserve it!
- Book an individual singing bowl treatment with Martina

17:30-19:00

Sunset chillout yoga accompanied by singing bowls

19:00-20:30 Light vegetarian and vegan dinner

22.00 Silenzio

## Day #3 SATURDAY, 08th November

8:00-10:00

Morning yoga - gentle wake-up with a bit of pranayama to really wake up the lungs!

10:00-11:30

Brunch time vegetarian and vegan

Time for your own personal oasis of relaxation:

- a Walk
- Relax by the pool - chill out with soothing sounds
- Sauna - sweat yourself happy!
- Pampering time with massages from Sabine - because you deserve it!
- Book an individual singing bowl treatment with Martina

17:30-19:00

Yoga & Singing Bowls - Sunset Warriors honouring the sunset!

19:00-20:30

Light vegetarian and vegan dinner

22:00 Silenzio

## Day #4 SUNDAY, 09th November

8:00-9:30

Morning yoga - awaken the energies with a short meditation after waking up!

10:00-11:30

Brunch time vegetarian and vegan

12:00 Departure - but the memories remain!

We are already looking forward to Journey #2 with you!