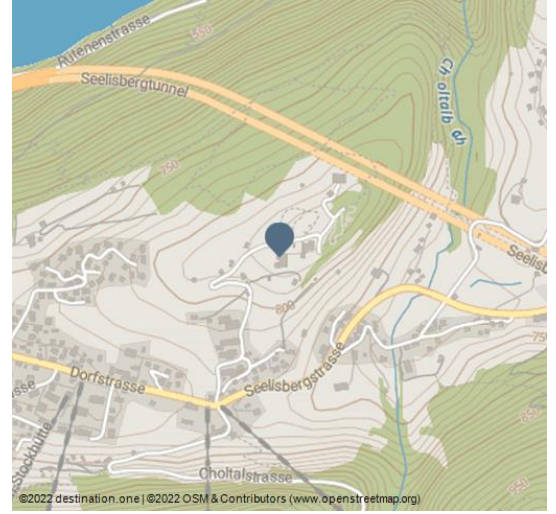




Hiking, yoga & coaching - 5-day retreat, Emmetten



GuidleProxy



5 mindfulness days in great outdoors
Experience moments of happiness while hiking with goats, consciously immerse yourself in your inner self with yoga and meditation - change begins within you

A unique Retreat in a wonderful area

September 11-15, 2024 and October 9-13, 2024, Wednesday to Sunday

High above Lake Lucerne with breathtaking views of the lake and the mountains, we find an oasis of peace. The SeeblickHöhenhotel is centrally located with a fantastic view over the glittering Lake Lucerne and the pre-Alpine mountains from Pilatus to Rigi. With a breathtaking 180-degree panorama of picturesque Central Switzerland, you will find invigorating inspiration, active relaxation and a genuine vacation feeling.

Yoga and meditation - find inner peace with mindfulness - with Barbara Jordi

To stay healthy and vital, it is important to find inner peace. Yoga has an effect on body, mind and soul and improves general well-being. The yoga lessons are suitable for everyone, no prior knowledge is required.

Workshop on stress regulation and working with the "house of life":

You will have the opportunity to draw your life house, analyze your energy potential and learn many tools to regulate stress. We will give you lots of resilience tools to take home with you!

Moments of happiness in nature - with professional Mountain Leader Sanna Laurén

Venue:

Hugenstrasse 24
6376 Emmetten

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<https://s.et4.de/nVhDf>

Safely out and about in the mountains, combined with the most beautiful routes and magnificent views. Recharge your batteries thanks to exercise, conscious breathing in nature and mindfulness.

Highlight: 1 hike with goats: they are curious, sweet and funny. They learn quickly and are very intelligent. This requires mindfulness and empathy. Stress disappears in an instant and makes way for moments of happiness.

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Yoga and meditation in the morning

The lessons last approx. 50 minutes and include an introduction with mindfulness, simple yoga exercises, breathing exercises and a meditation at the end. We will practise on the yoga mat, standing, sitting or lying down.

You don't need any previous experience, the exercises are adapted to the participants and you have the opportunity to rest at any time.

Requirements for the guided hikes

The hikes take place in all weathers and are aimed at people who enjoy exercise and adventure.

The walking time for the hikes varies between 2.5 - 4.5 hours. Sure-footedness and good footwear are required, mountain hiking trails T2/T3.

Equipment

Hiking clothes that can be adapted to the weather, rain protection, sturdy hiking boots, daypack, water bottle and personal items such as headgear, sun protection, etc. If you like swimming in the lake, take a bathing suit with you.

There is a grocery store in Emmetten where you can buy food for lunch.

Take comfortable clothes with you for the yoga lessons and meditation at home. The onion-skin principle has proven to be effective; during the relaxation phases or meditations, it is advisable to wear a warm sweater and socks, depending on the temperature. Please bring your own yoga mat.

Read more about the retreat: <https://honigberg.ch/2024/03/25/wandern-yoga-coaching-5-tage-auszeit-in-der-natur-gelebte-achtsamkeit/>

Note: This text was translated by machine translation software and not by a human translator. It may contain translation errors.

Reservation per E-Mail an sanna@honigberg.ch

Price Information:

More information: www.luzern.com | shop.luzern.com

1350 CHF per person / Included in the price: Overnight stay in a single room
incl. breakfast, use of the wellness facilities in the hotel, all guided hikes,
honey tasting, yoga / meditation and workshop incl. documentation.

Events:

Mittwoch, 11.09.2024, - 23:59 Uhr
Donnerstag, 12.09.2024, - 23:59 Uhr
Freitag, 13.09.2024, - 23:59 Uhr
Samstag, 14.09.2024, - 23:59 Uhr
Sonntag, 15.09.2024, - 23:59 Uhr
Mittwoch, 09.10.2024, - 23:59 Uhr
Donnerstag, 10.10.2024, - 23:59 Uhr
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