

Escape everyday life and switch off!

Pilates sessions, movement by/on/in the lake, delicious food, walks, relaxing meditations, a wonderful SPA, stimulating conversations or simply peace and quiet. At the Mindfulness Retreat, you shape your stay exactly the way that feels right for YOU.



Mindfulness Retreat

11TH TO 13TH SEPTEMBER 2026

at Parkhotel Gunten on Lake Thun

Katia Brin

Owner and Instructor of

8sam Training & Coaching in MuttENZ

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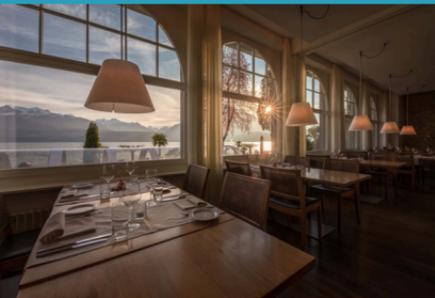
Early Bird Discount until 11th May 2026:

CHF 638 in a double room
(instead of CHF 678)

CHF 658 in a single room
(instead of CHF 698)

INCLUDED IN THE PRICE:

- Accommodation for 2 nights, including a generous breakfast
- 2 dinners (3-course menu)
- Coffee & cake on Saturday afternoon
- 4 training sessions*
- 3 meditation slots
- An outdoor blind walk
- Use of the SPA and fitness room
- Hotel Wi-Fi
- Panorama Card



Arrival:

Individually, travel costs not included in the price

Number of participants:

Minimum 6, maximum 14 people

Registration:

By 30th June 2026, using the online form on www.8sam-studio.ch/mindfulness-retreat (QR-Code on the front side)

