

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

info@8sam-studio.ch, +41 76 506 55 66





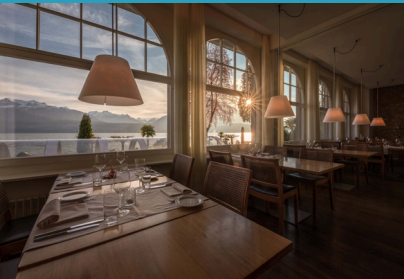
*CHF 678 (double room)
CHF 698 (single room)*

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



** The trainings (POLESTAR® Pilates) are suitable for beginners and advanced participants.*



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)