

**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**

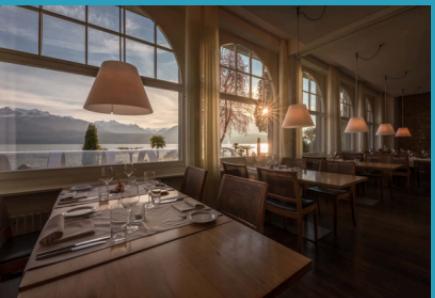
**Katia Brin**

**Owner and Instructor of**

**8sam Training & Coaching in Muttenz**

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**CHF 638 (double room)  
CHF 658 (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](http://www.8sam-studio.ch/mindfulness-retreat)  
(QR-Code on the front side)*