

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:

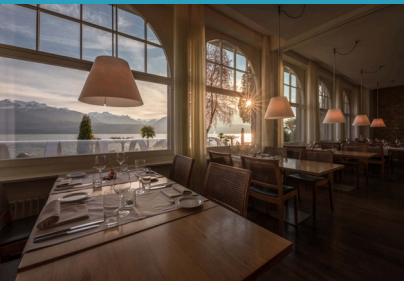
- Accommodation for 2 nights, including a generous breakfast
- 2 dinners (3-course menu)
- Coffee & cake on Saturday afternoon
- 4 training sessions*
- 3 meditation slots
- An outdoor blind walk
- Use of the SPA and fitness room
- Hotel Wi-Fi
- Panorama Card



** 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 (QR-Code on the front side)