

Mindfulness Retreat 2026 at Parkhotel Gunten

Tentative schedule

WHEN	WHAT	WHERE
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Friday, 11th September		
From approx. 4:00 pm	Check in	Reception
4:00 pm	Welcome	Terrace or hotel lobby (depending on the weather)
5:15 - 6:15 pm	Pilates mat session (please bring your own mat and water bottle to each training session)	Seminar room «Amphore»
7:00 pm	Dinner (3-course menu)	Restaurant

Saturday, 12th September		
From 7:30 am	Breakfast buffet (open from 7:30 to 11:00 am, so we can enjoy it both before AND after the training)	Breakfast room
8:15 - 9:30 am	High intensity intervall training (HIIT) and meditation with music	Seminar room «Amphore»
9:30 am	Breakfast buffet	Breakfast room
Afterwards	Free time	
From 3:00 pm	Coffee and cake	Restaurant or terrace (depending on the weather)
16:30 - 17:45 pm	Stretching and breathing technique	Seminar room «Amphore»
18:30 pm	Dinner (3-course menu)	Restaurant
Afterwards	Blind walks	In the hotel park

WHEN	WHAT	WHERE
Sunday, 13th September		
From 7:30 am	Breakfast buffet (open from 7:30 to 11:00 am)	Breakfast room
8:15 - 9:30 am	«Pilates Playground» and meditation with music	Seminar room «Amphore»
9:30 am	Breakfast buffet	Breakfast room
Until 11:00 am	Check out Please remember to settle your drinks, the visitor's tax (CHF 4.50/day), and any wellness treatments. A luggage room is available. Cars may also remain in the hotel parking lot on Sunday afternoon.	Reception
Afterwards	Free time Use of the SPA in the boathouse and the fitness room on Sunday afternoon is included in the retreat cost. Showers are available in the fitness room even after check out.	