

# ReBALANCE RETREATS (EN)



## ORIENTATIVE PROGRAM

The program can be crafted from the topics below for half-day and day retreats. For longer arrangements, we are glad to adjust the program to your group needs and location.

### Informative pricing, depending on external locations:

(inclusive refreshments and accordingly, meals. No overnight accommodation included)

- Half-day Retreat – from Euro 125/ per Person
- Day Retreat – from Euro 175/ per Person
- One and a half days Retreat – from Euro 270/ per Person
- Two days Retreat - from Euro 350/ per Person
- Other timeframes/special conditions, possible upon request

**Guidance:** Nicoleta Pfeffer-Barbela, Certified Meditation Trainer, Mindfulness Speaker, Founder of citySTILLE – Mindfulness Center Vienna, together with a trainers team adjusted to the retreat's topic of interest and objective;

**Inquires:** Email [info@citystille.com](mailto:info@citystille.com); T. +43 664 766 7070

Time	Session
00:15	Welcome and Introduction
01:15	<b>Roots to Presence - Grounding into Practices</b> Group grounding and connection through Mindfulness of Senses Informal Practice
00:15	Mindful Short Break – Creative Set-up
01:15	<b>Growing into Presence – Embodying into Presence</b> Body Awareness Practice. Am I here? Which part of my body needs my attention right now? Compassionate Body-Scan Practice.
00:45	<b>Mindful Eating in Silence – Extremely nourishing</b>
00:15	Find a best spot now – rest & digest.
01:15	<b>From ME to US. Building supportive and compassionate connections in teams.</b> Mindful Listening & Discovering Practices.
00:45 outdoors	<b>WE walk now. Mindfully ‘walking’ the senses.</b> Team mindfulness informal practices, outdoors – by any weather
00:30	Cozy Tea Ceremony in Silence With SOUND-BATH! Wonderful!
01:00	<b>The Loving Eyes.</b> Loving-kindness Meditation & building resilience practices
00:15	Mindful Eating, again! Coffee & Cake Time
00:45	<b>Letting go is learning to trust.</b> Note to Self & Group exercises at the retreat’s end Written reflections
00:30	<b>Wrapping-up.</b> What do we take with us? Flow is in every step! Stop & listen!
07:00 H	<b>Hugs &amp; See you soon!</b>

### Note:

For your best experience, the retreats will take place with minimum 8 and maximum 30 participants. There are no pre-requisites in participation at such retreats. For arrangements bigger than 20 persons, a second or third trainer will be assisting the well-being retreat day.