

# TREAT YOURSELF WEEKEND

22  
–  
25

September  
2022

Villa Kraft  
Bad Gastein  
Austria

meditation  
guided hikes  
yoga  
intentions  
good food  
nature



## WHAT

During the “treat yourself” weekend we will come together as a group to Meditate, to practice Yoga and to go on Guided Hikes. The weekend is focused around your personal intention. You can share as much and as little as you want with the group. In any case the energy of the group and the powerful nature surrounding us, will be an unlimited pool of support.

The daily Yoga routine is accessible for everybody. No experience or flexibility required. The meditations are in “Light Circle” style, where we sit together and, supported by meditative music, focus on a joint intention. The Guided Hikes start right at our doorway and can vary from calm and relaxing to more challenging. We will adjust the hikes to your needs and abilities.

## WHERE

In Nature! The weekend is hosted from Villakraft, our beautiful heritage house in Bad Gastein, in the Austrian Alps. The valley of Gastein is an extraordinary place surrounded by majestic mountains and waterfalls. The healing power of the forests and waters will be an important guide and aid for your personal journey.

Visit our website to learn more about our location:  
[www.villakraft.com](http://www.villakraft.com)

## WHO

Anyone who needs a break, who wants to let go of things that no longer serve, who is looking for new intentions. Anyone who would love to spend time in nature, time for yourself. You do not need to have any prior experience with meditation or yoga. When you feel a desire to come, you are all welcome!

## WHEN

To allow for travel check-in is on Thursday September 22nd late afternoon (from 16:00) and check-out is on Sunday September 25th after breakfast (around 10:00). The main activities for the joint weekend are on Friday and Saturday. Naturally each individual is welcome to extend their stay and enjoy some extra time for themselves.

## WHAT'S INCLUDED

The price for the weekend is €395 and includes all activities and accommodation as well as breakfast, lunch and dinner during the weekend. We take pride in providing you with the best possible food that will support and nourish you. Based on a vegetarian organic diet, with vegan options. Travel is not included. You'll stay at Villakraft in an apartment with 1 to 3 other participants. You might share a bedroom (with own bed). If you prefer a private bedroom, that's possible for an additional €50 for the weekend.

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