



Retreat Calendar Pandanus 2025





DATE	RETREAT		01.2025
01.02.25 - 01.05.25	One Day Retreat / Two Day Retreat		Treat yourself to a refreshing break from traveling or everyday life - or simply discover something new. This day has a variety of experiences in store for you: from relaxing moments to exciting adventures.
01.06.25 - 01.09.25	One Day Retreat / Two Day Retreat		A day often seems too short, a week too long. But don't worry! From now on, you can experience the in-depth introduction to Pilates in just one or two days.
01.11.25 - 01.18.25	Detox Retreat		The time has finally come to focus on yourself and your body. Nourished, revitalized and strengthened on all levels, you will experience yourself in a new light. Experience the pure happiness of life anew!
01.19.25 - 01.22.25	One Day Retreat / Two Day Retreat		A day to celebrate the little pleasures that often take a back seat. Immerse yourself in refreshing exercises or discover the timeless world of classic Pilates. Treat yourself to a soothing massage and let your mind wander while you enjoy the enchanting nature by the pool to the full.
01.25.25 - 02.01.25	Indulgence Retreat		Discover the fascinating origins of your favorite treats such as coffee and chocolate and learn the art of making them yourself. Enjoy daily Pilates and yoga training sessions as well as inspiring cooking classes that will give you new energy and joy!

DATE	RETREAT		02.2025
02.04.25 - 02.07.25	One Day Retreat / Two Day Retreat		A day often seems too short, a week too long. But don't worry! From now on, you can experience the in-depth introduction to Pilates in just one or two days.
DATE	RETREAT		03.2025
03.11.25 - 03.14.25	One Day Retreat / Two Day Retreat		A day often seems too short, a week too long. But don't worry! From now on, you can experience the in-depth introduction to Pilates in just one or two days.
03.23.25 - 04.06..25	Women power, Costa Rica motorcycle tour		Experience an unforgettable journey through the fascinating landscape of Central America with our exclusive 15-day "Ladies on Tour" program. This offer is specifically designed for women who are looking for adventure and a deeper connection to body and mind.



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DATE	RETREAT	04.2025 - 05.2025
04.25.25 - 05.02.25	Springflow Art Retreat with Tina Nitschke (DE)	 <p>Let your energy and creativity flow while you connect with nature. Explore your true self and discover the inner themes that lie dormant within you. Find a variety of artistic and creative forms of expression to bring your thoughts and feelings to life.</p>
05.04.25 - 05.11.25	Adventure Retreat	 <p>Experience unforgettable hikes to hidden waterfalls or embark on exciting adventures such as ziplines, quad tours and horse tours. Here you can recharge your batteries, discover your courage and enjoy freedom to the full.</p>
05.13.25 - 05.16.25	One Day Retreat / Two Day Retreat	 <p>A day to celebrate the little pleasures that often take a back seat. Immerse yourself in refreshing exercises or discover the timeless world of classic Pilates. Treat yourself to a soothing massage and let your mind wander while you enjoy the enchanting nature by the pool to the full.</p>
05.17.25 - 05.24.25	Clarity Retreat	 <p>Can't see the wood for the trees? Let our Pilates and yoga training, a natural diet and the "success formula" guide you. Find clarity about your vision and discover the full potential that lies within you.</p>



DATE	RETREAT	11.2025
11.01.25 - 11.08.25	Pilates meets Free Floating Aerial Yoga with Claudia Lederer (DE)	 <p>Experience the lightness of aerial yoga and feel gravity fade into the background. Let yourself be inspired by Claudia's 20 years of experience and enjoy the feeling of boundless freedom.</p>
11.08.25 - 11.15.25	Adventure Retreat	 <p>Experience unforgettable hikes to hidden waterfalls or embark on exciting adventures such as ziplines, quad tours and horse tours. Here you can recharge your batteries, discover your courage and enjoy freedom to the full.</p>
11.18.25 - 11.21.25	One Day Retreat / Two Day Retreat	 <p>A day to celebrate the little pleasures that often take a back seat. Immerse yourself in refreshing exercises or discover the timeless world of classic Pilates. Treat yourself to a soothing massage and let your mind wander while you enjoy the enchanting nature by the pool to the full.</p>
11.22.25 - 11.29.25	Detox Retreat	 <p>The time has finally come to focus on yourself and your body. Nourished, revitalized and strengthened on all levels, you will experience yourself in a new light. Experience the pure happiness of life anew!</p>



Retreat Calendar Pandanus 2025/2026




DATE	RETREAT		12.2025
12.06.25 - 12.09.25	One Day Retreat / Two Day Retreat		Treat yourself to a refreshing break from traveling or everyday life - or simply discover something new. This day has a variety of experiences in store for you: from relaxing moments to exciting adventures.
12.11.25 - 12.14.25	One Day Retreat / Two Day Retreat		A day often seems too short, a week too long. But don't worry! From now on, you can experience the in-depth introduction to Pilates in just one or two days.
12.16.25 - 12.19.25	One Day Retreat / Two Day Retreat		A day to celebrate the little pleasures that often take a back seat. Immerse yourself in refreshing exercises or discover the timeless world of classic Pilates. Treat yourself to a soothing massage and let your mind wander while you enjoy the enchanting nature by the pool to the full.
12.20.25 - 12.27.25	Indulgence Retreat		Discover the fascinating origins of your favorite treats such as coffee and chocolate and learn the art of making them yourself. Enjoy daily Pilates and yoga training sessions as well as inspiring cooking classes that will give you new energy and joy!



DATE	RETREAT		01.2026
01.03.2026 - 01.10.26	Clarity Retreat		Can't see the wood for the trees? Let our Pilates and yoga training, a natural diet and the "success formula" guide you. Find clarity about your vision and discover the full potential that lies within you.
01.12.26 - 01.15.26	One Day Retreat / Two Day Retreat		Treat yourself to a refreshing break from traveling or everyday life - or simply discover something new. This day has a variety of experiences in store for you: from relaxing moments to exciting adventures.
01.17.26 - 01.24.26	Detox Retreat		The time has finally come to focus on yourself and your body. Nourished, revitalized and strengthened on all levels, you will experience yourself in a new light. Experience the pure happiness of life anew!

DATE	RETREAT		02.2026
01.31.26 - 02.07.26	Adventure Retreat		Experience unforgettable hikes to hidden waterfalls or embark on exciting adventures such as ziplines, quad tours and horse tours. Here you can recharge your batteries, discover your courage and enjoy freedom to the full.
02.19.26 - 02.22.26	One Day Retreat / Two Day Retreat		A day often seems too short, a week too long. But don't worry! From now on, you can experience the in-depth introduction to Pilates in just one or two days.




Retreat Calendar Pandanus 2026

DATE	RETREAT		03.2026
02.28.26 - 03.07.26	Detox Retreat		The time has finally come to focus on yourself and your body. Nourished, revitalized and strengthened on all levels, you will experience yourself in a new light. Experience the pure happiness of life anew!
03.06.26 - 03.13.26	Pilates meets Mindfulness with Monika Bart (CH)		The Mindfulness Week is a valuable time for inner peace, stillness, letting go and relaxation.
03.28.26 - 03.31.26	One Day Retreat / Two Day Retreat		A day to celebrate the little pleasures that often take a back seat. Immerse yourself in refreshing exercises or discover the timeless world of classic Pilates. Treat yourself to a soothing massage and let your mind wander while you enjoy the enchanting nature by the pool to the full.

DATE	RETREAT		04.2026
04.04.26 - 04.11.26	Indulgence Retreat		Discover the fascinating origins of your favorite treats such as coffee and chocolate and learn the art of making them yourself. Enjoy daily Pilates and yoga training sessions as well as inspiring cooking classes that will give you new energy and joy!
04.18.26 - 04.21.26	One Day Retreat / Two Day Retreat		Treat yourself to a refreshing break from traveling or everyday life - or simply discover something new. This day has a variety of experiences in store for you: from relaxing moments to exciting adventures.




DATE	RETREAT		05.2026
05.09.26 - 05.16.26	Adventure Retreat		Experience unforgettable hikes to hidden waterfalls or embark on exciting adventures such as ziplines, quad tours and horse tours. Here you can recharge your batteries, discover your courage and enjoy freedom to the full.
05.23.26 - 05.26.26	One Day Retreat / Two Day Retreat		A day often seems too short, a week too long. But don't worry! From now on, you can experience the in-depth introduction to Pilates in just one or two days.
05.30.26 - 06.06.26	Clarity Retreat		Can't see the wood for the trees? Let our Pilates and yoga training, a natural diet and the "success formula" guide you. Find clarity about your vision and discover the full potential that lies within you.

DATE	RETREAT		06.2026
06.13.26 - 06.16.26	One Day Retreat / Two Day Retreat		A day to celebrate the little pleasures that often take a back seat. Immerse yourself in refreshing exercises or discover the timeless world of classic Pilates. Treat yourself to a soothing massage and let your mind wander while you enjoy the enchanting nature by the pool to the full.



Retreat Calendar Pandanus 2026

DATE	RETREAT		07.2026
07.01.26 - 07.04.26	One Day Retreat / Two Day Retreat		Treat yourself to a refreshing break from traveling or everyday life - or simply discover something new. This day has a variety of experiences in store for you: from relaxing moments to exciting adventures.
07.11.26 - 07.18.26	Indulgence Retreat		Discover the fascinating origins of your favorite treats such as coffee and chocolate and learn the art of making them yourself. Enjoy daily Pilates and yoga training sessions as well as inspiring cooking classes that will give you new energy and joy!

DATE	RETREAT		11.2026
11.07.26 - 11.14.26	Adventure Retreat		Experience unforgettable hikes to hidden waterfalls or embark on exciting adventures such as ziplines, quad tours and horse tours. Here you can recharge your batteries, discover your courage and enjoy freedom to the full.
11.21.26 - 11.28.26	Detox Retreat		The time has finally come to focus on yourself and your body. Nourished, revitalized and strengthened on all levels, you will experience yourself in a new light. Experience the pure happiness of life anew!
11.30.26 - 12.03.26	One Day Retreat / Two Day Retreat		A day often seems too short, a week too long. But don't worry! From now on, you can experience the in-depth introduction to Pilates in just one or two days.

DATE	RETREAT		12.2026
12.05.26 - 12.12.26	Genuss Retreat		Discover the fascinating origins of your favorite treats such as coffee and chocolate and learn the art of making them yourself. Enjoy daily Pilates and yoga training sessions as well as inspiring cooking classes that will give you new energy and joy!
12.18.26 - 12.21.26	One Day Retreat / Two Day Retreat		A day to celebrate the little pleasures that often take a back seat. Immerse yourself in refreshing exercises or discover the timeless world of classic Pilates. Treat yourself to a soothing massage and let your mind wander while you enjoy the enchanting nature by the pool to the full.