



# Retreat Calendar Pandanus 2024/2025

DATE	RETREAT	11.2024 - 01.2025	
17.11.24 - 24.11.2024	Pilates & Yoga meets Mindfulness with Monika Bart (CH)		The Mindfulness Week is a valuable time for inner peace, stillness, letting go and relaxation.
02.01.25 - 04.01.25	One Day Retreat / Two Day Retreat		A short break from traveling or everyday life – or simply to get a taste of it. This day offers you the full spectrum: from relaxing to experiencing.
06.01.25 - 08.01.25	One Day Retreat / Two Day Retreat		One day too short, one week too long. No problem. Now there is also the fourth in-depth introduction to Pilates in two days.
19.01.25 - 21.01.25	One Day Retreat / Two Day Retreat		A day for the things that are otherwise neglected. Get in, freshen up or immerse yourself in classic Pilates. Or treat yourself to a massage. Or simply breathe in the beautiful nature by the pool.
11.01.25 - 18.01.25	Detox Retreat		Finally time for yourself and your body. Nourished, cleansed and strengthened on all levels, you will perceive yourself in a completely new way. Pure new happiness in life.
25.01.25 - 01.02.2025	Indulgence Retreat		Find out where your luxury foods such as coffee and chocolate come from and learn how to make them yourself. Daily Pilates and yoga training, cooking classes.

DATE	RETREAT	02.2025	
08.02.25 - 15.02.25	Pilates meets Free Floating Aerial Yoga with Claudia Lederer (DE)		Aerial yoga reverses gravity and leads to a feeling of boundless freedom. Let yourself be enchanted by Claudia by her 20 years of experience.
16.02.25 - 23.02.25	Adventure Retreat		You can recharge your batteries with new energy, courage and freedom on wonderful hikes to remote waterfalls or exciting activities such as ziplines, quad tours or horse tours.
04.02.25 - 06.02.25	One Day Retreat / Two Day Retreat		A short break from traveling or everyday life – or simply to get a taste of it. This day offers you the full spectrum: from relaxing to experiencing.
DATE	RETREAT	03.2025	
04.03.25 - 07.03.25	One Day Retreat / Two Day Retreat		A short break from traveling or everyday life – or simply to get a taste of it. This day offers you the full spectrum: from relaxing to experiencing.
12.03.25 - 14.03.25	One Day Retreat / Two Day Retreat		One day too short, one week too long. No problem. Now there is also the fourth in-depth introduction to Pilates in two days.



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DATE	RETREAT	05.2025 / 07.2025	
25.04.25 - 02.05.25	Springflow Art Retreat with Tina Nitschke (DE)		Let your energy and creativity flow and connect with nature. Discover yourself and your inner themes and give them expression through various artistic or creative ways.
04.05.25 - 11.05.25	Adventure Retreat		You can recharge your batteries with new energy, courage and freedom on wonderful hikes to remote waterfalls or exciting activities such as ziplines, quad tours or horse tours.
17.05.25 - 24.05.25	Coaching Retreat		Can't see the wood for the trees. The Pilates and yoga training, the natural diet and the "success formula" provide you with a common thread. Gain clarity about your vision and potential.
13.05.25 - 16.05.25	One Day Retreat Two Day Retreat		A short break from traveling or everyday life – or simply to get a taste of it. This day offers you the full spectrum: from relaxing to experiencing.
26.07.25 - 02.08.25	Detox Retreat		Finally time for yourself and your body. Nourished, cleansed and strengthened on all levels, you will perceive yourself in a completely new way.
Genuss Retreat	Pleasure Retreat		Find out where your luxury foods such as coffee and chocolate come from and learn how to make them yourself. Daily Pilates and yoga training, cooking classes.


DATE	RETREAT	08.2025	
03.08.25 - 10.08.25	Pleasure Retreat		Find out where your luxury foods such as coffee and chocolate come from and learn how to make them yourself. Daily Pilates and yoga training, cooking classes.
11.08.25 - 18.08.25	Adventure Retreat		You can recharge your batteries with new energy, courage and freedom on wonderful hikes to remote waterfalls or exciting activities such as ziplines, quad tours or horse tours.
DATE	RETREAT	10.2025	
19.10.25 - 26.10.25	Coaching Retreat		Can't see the wood for the trees. The Pilates and yoga training, the natural diet and the "success formula" provide you with a common thread. Gain clarity about your vision and potential.
11.10.25 - 18.10.25	Detox Retreat		Finally time for yourself and your body. Nourished, cleansed and strengthened on all levels, you will perceive yourself in a completely new way.



# Retreat Calendar Pandanus 2025/2026

DATE	RETREAT	11.2025	
08.11.25 - 15.11.25	Adventure Retreat		You can recharge your batteries with new energy, courage and freedom on wonderful hikes to remote waterfalls or exciting activities such as ziplines, quad tours or horse tours. .
01.11.25 - 04.11.25	One Day Retreat Two Day Retreat		A short break from traveling or everyday life – or simply to get a taste of it. This day offers you the full spectrum: from relaxing to experiencing.
18.11.25 - 21.11.25	One Day Retreat Two Day Retreat		A short break from traveling or everyday life – or simply to get a taste of it. This day offers you the full spectrum: from relaxing to experiencing.
22.11.25 - 30.11.25	Detox Retreat		Finally time for yourself and your body. Nourished, cleansed and strengthened on all levels, you will perceive yourself in a completely new way.

DATE	RETREAT	12.2025	
06.12.25 - 09.12.25	One Day Retreat Two Day Retreat		A short break from traveling or everyday life – or simply to get a taste of it. This day offers you the full spectrum: from relaxing to experiencing.
12.12.25 - 15.12.25	One Day Retreat Two Day Retreat		A short break from traveling or everyday life – or simply to get a taste of it. This day offers you the full spectrum: from relaxing to experiencing.
16.12.25 - 19.12.25	One Day Retreat Two Day Retreat		A short break from traveling or everyday life – or simply to get a taste of it. This day offers you the full spectrum: from relaxing to experiencing.
20.12.25 - 27.12.25	Pleasure Retreat		Find out where your luxury foods such as coffee and chocolate come from and learn how to make them yourself. Daily Pilates and yoga training, cooking classes.

01.2026			
03.01.26 - 10.01.26	Coaching Retreat		Can't see the wood for the trees. The Pilates and yoga training, the natural diet and the "success formula" provide you with a common thread. Gain clarity about your vision and potential.