

YOGA Retreat at Heidegrund



Time for yourself. Body & mind in harmony. Enjoy the freedom of space.

Rich breakfast buffet | 4 yoga units | YOGA surprise menu on one evening | Takeaway material | Yoga Goodie | Soothing tea mixtures in your room | Admission to HeidegrundSPA | Wellness package with bathrobe, towels and slippers for your stay.

Programme

Friday	Welcome & Introduction 16.00 h Equipment sale 16.30 h - 18.15h Strength & Peace
Saturday	7.30 - 9.30h Grounding 16.00 - 18.00h Yin Yoga
Sunday	7.30 - 9.30h Detox Farewell



Yoga & Wellness in the Hotel Heidegrund

Hotel Heidegrund | Lower Saxony | Nature Reserve
Experience & Discover Yoga surrounded by forest & nature

Brief description

In Autumn & Winter everything revolves around the theme **"YOGA"** at Heidegrund. Meditation in the nature. Bringing body, mind and soul back into harmony - that's what an all-round **relaxing weekend** feels like.

The experienced yoga teachers Julia Laschinski and Sandra Bärlein will accompany you through a relaxing weekend with daily yoga classes after the vinyasa and yin yoga teachings, soothing meditations and soothing tea times.

Trip in detail:

Travel overview

Daily rich breakfast buffet | 4 yoga units | YOGA Goodie | Yoga surprise menu | exercise material | beneficial tea mixtures | entrance to HeidegrundSPA | wellness package for your stay

After your morning energetic 2-hour yoga and a refreshing breakfast, you can either spend your day in the surrounding **nature reserve** or let yourself be pampered at **HeidegrundSPA**.

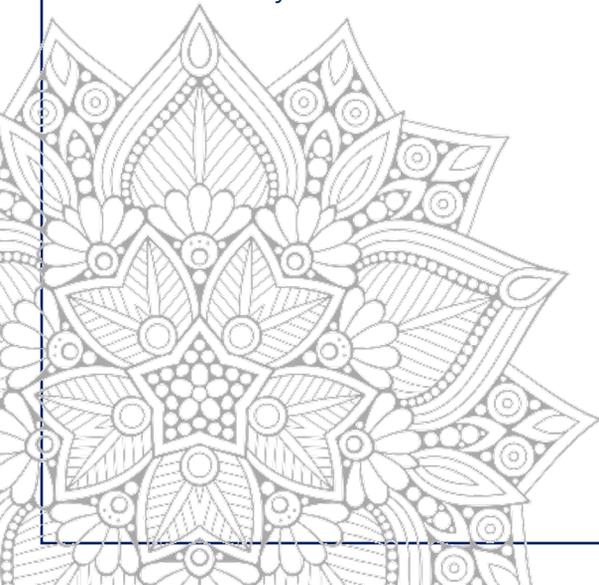
Pure nature.

Take a deep breath and relax, but also be active and experience something new - enjoy an unforgettable stay in the Oldenburger Münsterland. The archipelago like lake landscape of the only North German dam is one of the most beautiful vacation regions in Northwest Germany with its undreamt-of naturalness. A place where nature still seems untouched, where it is quiet and picturesque, an idyll that promises relaxation and letting go of everyday life.

Time for yourself.

Feel the soothing warmth: at HeidegrundSPA, a Finnish sauna and a bio-sauna invite you to relax. Or simply let yourself drift: start the day with a few laps in our indoor sports pool or relax in the whirlpool before the afternoon with a good read.

In the late afternoon, a two yoga session is scheduled and you can review the day and find yourself and the moment.



Daily schedule

Day 1:

Your arrival

16.00 h Equipment sale

Welcome & Introduction

16.30 - 18.15 Strength & Peace

Dinner together

End the evening with a walk on the beach, through the heath or by the open fireplace on the terrace

Day 2:

7.30 - 9.30 Grounding

Start the day together at our vitamin-rich breakfast market

Time for yourself.

Time for nature & experiences in the nature reserve.

Time for Wellness & Spa: Enjoy massage treatments (please ask in time), relax in the sauna and unwind in the wellness area.

16.00 - 18.00 Yin Yoga

Day 3:

7.30 - 9:30 Detox

Start the day together at our vitamin-rich breakfast market

Farewell

Your departure

Program changes are reserved.

Check in from 14h to 22:30h (start: 16:30h)

Check out until 11 am

How you live

Thanks to its idyllic forest location directly in the nature reserve of the Thülsfelder Talsperre, the Hotel Heidegrund feels like a large forest living room. For some, the dewy fresh forest air in the morning is like an energy kick - for others, the seclusion in the forest is the elixir of relaxation. In order for you to find the best possible relaxation, we see our rooms as places of retreat. You will stay and relax in one of our three guesthouses full of character. In our rooms in the Heidegrund, our heart of the grounds, you will find unusual fabrics and patterns paired with natural materials and friendly colors. Look forward to a particularly cosy atmosphere.

Room

Offered room categories + room description

Standard Single Room

1 person | 24 m²

Enjoy the view into our garden on the balcony or terrace and look forward to fresh air and the chirping of birds in the morning.

Highspeed- WLAN | Flat-Screen-TV | Desk with chair | Seating arrangement | Safe | 1 bottle of water | Kettle with coffee and tea selection | Minibar fridge with payed drinks | WC | Shower | Wellness package with bathrobe, sauna towels & slippers | Hairdryer | Selection of cosmetic products | accessible by elevator |

Also included for you:

HeidegrundSPA | fitness area | parking spaces

Standard double room

1-2 persons | 21-36 m²

Our double rooms Standard radiate with individuality. Unusual fabrics and patterns, paired with natural materials and friendly colors give each room a very special atmosphere. Selected furniture meets filigree decor and delicate tones, giving you a pleasant feeling of security.

Whether with a view into our garden or directly into the forest - you will breathe the same fresh air everywhere and be woken up early by the chirping of birds. In this category we also offer single rooms with a size of 24 m².

Highspeed- WLAN | Flat-Screen-TV | Desk with chair | Seating arrangement | Safe | 1 bottle of water | Kettle with coffee and tea selection | Minibar refrigerator with beverages with costs | WC | Shower | Wellness package with bathrobe, sauna towels & slippers | Hairdryer | Selection of cosmetic products | accessible by elevator

Also included for you:

HeidegrundSPA | fitness area | parking spaces

Dining & Enjoying

A rich breakfast awaits you for your perfect start into the day. Look forward to a culinary highlight this weekend: be inspired by old and new ingredients and enjoy our freshly prepared, exotic YOGA menu.

Lactose- or gluten-free cuisine is also available on request.

Yoga teacher

Julia Laschinski is DIPL. FITNESS ECONOMIST YOGA TEACHER AND PILATES TRAINER.

Portrait

At the age of 20, I found my way into the health industry, where in just under ten years I completed a vocational training as a sports and fitness merchant, numerous training courses in the area of group training, including back training, Pilates and a degree in fitness economics. It turned out for me from the beginning that dealing with people and working with the participants is my world. In my mid-twenties I was looking for a balance from the challenging daily routine as a gym manager and decided to take a three-year yoga teacher training course.

During this time I made incredible physical and mental experiences that I had never experienced before and that made me realize how complex yoga is and how effective it is. After a short time, I felt more patient, more powerful, more concentrated and had embarked on a new path that made me see things with curiosity and openness.

Today, as a wife and mother of two children, yoga gives me the opportunity every day anew to come into contact with my true nature, to feel grounded in my body, to be clear in my mind and light in my heart. It is my great wish to share this experience with everyone in our yoga room and to be allowed to experience it together. My yoga style combines the old tradition of yoga with a lively, lively, light way and is aimed at modern people of today. My practice is challenging and powerful, meditative and calming at the same time. It creates a space to experience oneself, to approach the possibilities of the body and the breath with curiosity and attentiveness.

I am looking forward to exciting, multi-layered yoga classes and to all the wonderful people who find their way into our yoga room to experience and enjoy the energy and community of yoga.

yoga style

Vinyasa & YIN

yoga level

For beginners & experts

Language of instruction

German