Train with German marathon champion Hanna Tempelhagen in an exclusive running retreat. On fantastic tours, you will explore the most beautiful corners of the region and benefit from the professional athlete's experience in inspiring talks – perfect for anyone wishing to strengthen both self-care and mindful running.

Participation in the retreat is included during your stay at Schloss Elmau and is also possible on individual days.

CAMP CONTENT

- Guided tours through the impressive region
- Lectures on mindfulness & strength
- Tips & tricks with individual coaching

Tours and training content will be adapted to participants' individual skill level on site.

LONGEVITY PACKAGE

Arrive on Sun, 27 September
4 nights, including breakfast, spa, yoga, fit & active program and concert tickets

Benefit from the experience of a professional as you fine-tune your performance and fitness!!

PROGRAM

SUN

17.00
Opening & 1st Impulse
Teesaal Hideaway

17.45
Mindful Run & Nature Walk
Lobby Hideaway

MON

7.30
Find your Focus – Nature Meditation (optional)
G7 Bank Buckelwiesen

9.00
Jivamukti Yoga
Pavillon Retreat

11.00
Mindful Running Practice I
Lobby Retreat

15.00
Talk: Experiencing Strengths – Mindfulness, Strengths & Flow
G7 Bank Buckelwiesen

16.00
Pilates with Dr. Imke König
Badehaus

evening
Ice Bathing (optional)

TUE

7.30
Find your Focus – Nature Meditation (optional)
G7 Bank Buckelwiesen

9.00
Jivamukti Yoga
Pavillon Retreat

11.00
Mindful Running Practice II – From Your Own Strengths
Lobby Hideaway

12.45
Ice Bathing (optional)
Spa Rezeption Badehaus

15.00
Mindful Performance – Signature-Lecture
Enzian

16.30
Mindful Strengths & Stability
G7 Bank Buckelwiesen
with yoga mat

17.30
Get together
Tea Lounge

WED

7.30
Find your Focus – Nature Meditation (optional)
G7 Bank Buckelwiesen

9.00
Jivamukti Yoga
Badehaus

11.00
Mindful Trail to Lake Ferchensee
Lobby Hideaway

15.00
Talk: Develop Your Inner Coach
Enzian

16.30
Restorative Cool-down & Reflection
Pavillon Retreat with yoga mat

THU

9.00
Mindful Morning Run (optional)

11.30
Individual departure

Program subject to change