

Small escape. Big effect.

Extra *feel-good moments* for body, mind and nervous system.

June 2026 to October 2026

Sometimes, it doesn't take much. Just one conscious breath. A gentle touch. A moment where the body lets go and the mind takes a little break. Our additional escape offers give you exactly that: more calm, more energy and more of that feel-good feeling.

Breathwork – deep relaxation & recovery with Rosa	Gentle breathing techniques help you let go of stress, calm down and gather new energy. Ideal for switching off, breathing deeply and regenerating. <i>Thursday 4:30 pm – 6:00 pm</i> <i>49 EUR per person</i>
Breathwork Experience – activation & deep relaxation with Rosa	A soothing combination of movement, activating breathwork and deep relaxation. For more energy, inner clarity and an all-round good feeling. <i>Every 1st Saturday of the month 10:00 am – 11:30 am</i> <i>49 EUR per person</i>
Jin Shin Jyutsu with Angela	Gentle touch and mindful relaxation help release tension and bring new balance to body and mind. <i>Monday 5:30 pm – 6:30 pm</i> <i>Wednesday 9:00 am – 10:00 am</i> <i>35 EUR per person</i>
Personal Training with Alex	Want something a little more personal? Personal training for everyone who wants to train more specifically, fine-tune their technique or simply enjoy an extra boost of motivation. <i>Bookable individually and available for an additional fee.</i>