



TIME TO RETREAT





FREE MOUNTAIN RETREAT

Step out of your life to see it clearly again

As life moves quickly, we spend so much of our time doing, planning, achieving and responding to everything around us that we rarely have the opportunity to simply pause and ask ourselves:

Where am I in my life?

What truly matters to me?

The Free Mountain Retreat is an invitation to step away from the noise of everyday life and immerse yourself in nature, yoga, meditation, breathwork, philosophy, and meaningful human connection.

Surrounded by the peaceful beauty of the Dolomites, you'll have the opportunity to slow down, breathe deeply, reconnect with yourself,

and return home with greater clarity, balance and purpose.

Our intention is simple:

to create a space where you can rest, reflect, learn timeless yogic wisdom, connect with inspiring people, and rediscover what truly matters.

...without pressure, without expectations, simply by being present.

Our Retreat Framework

This retreat is inspired by the ancient Vedic understanding that life naturally unfolds through four stages.

Rather than seeing life as random or chaotic, this timeless philosophy offers a map for understanding growth, purpose, contribution, reflection and ultimately inner freedom.

Although these four stages traditionally describe an entire lifetime, we also move through them continuously...

In different chapters of our lives, our careers, our relationships, and even within ourselves..

To create a truly personal and meaningful experience, our retreat is intentionally limited to just 6-10 participants.

Keeping the group small allows us to offer individual guidance, create genuine connections, and ensure that everyone feels seen and supported throughout the retreat. It also gives you the opportunity to ask questions, share your reflections, and experience yoga, meditation, and philosophy in a warm, welcoming atmosphere.



How We Explore These Themes

Each day combines ancient yogic wisdom with practical experiences that allow you to embody what you are learning.

Together we will enjoy:

- Daily Hatha and Yin Yoga
- Guided Meditation
- Pranayama (Breathwork)

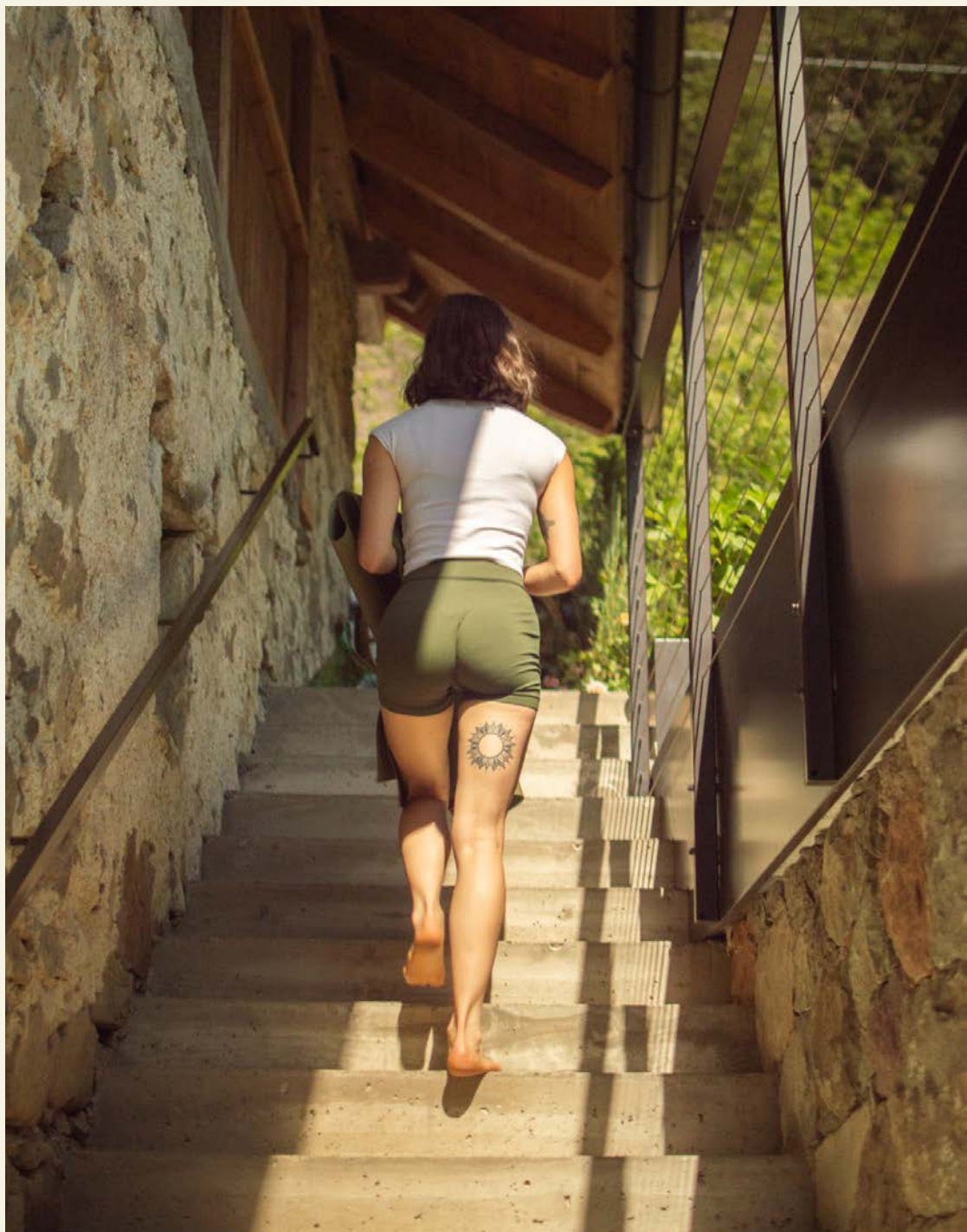
- Yogic Philosophy Talks
- Ayurveda Workshop
- Nature Practices & Walking Meditation
- Journaling & Reflection
- Meaningful Conversations and Community

And equally important...

There is plenty of space simply to be.

Read a book by the pool, walk through the mountains, enjoy a coffee in silence, take an afternoon nap, or simply watch the clouds pass overhead.

Sometimes the most meaningful moments happen in the pauses between activities.



Your teachers

Laura

Laura has been teaching yoga for several years and is passionate about creating spaces where body, mind and inner awareness can reconnect.

Her classes combine movement, mindfulness, and self-inquiry, offering a balanced practice that is both grounding and accessible.

With Laura, you'll enjoy Hatha and Yin yoga, guided walking meditations, and mindful practices designed to help you slow down, reconnect with yourself, and find greater balance.



JK

Originally from India, JK has spent years studying and sharing Vedic philosophy, meditation, and Ayurveda.

His teachings make ancient wisdom practical and relevant for modern life, helping people gain clarity, perspective, and a deeper understanding of themselves.

With JK, you'll explore pranayama, meditation, Ayurveda, and timeless Indian philosophy, discovering practical tools that you can integrate into your everyday life.



The programm

Day 1 The Student

(Brahmacharya)

What am I here to learn?

We begin by arriving.

With curiosity, openness and a beginner's mind, we slow down and create the foundation for the days ahead.

14:00-15:00 Check in & Arrival

16:30-18:00 Outdoor Yoga (hatha) at poolsite to welcome

19:00-22:00 Dinner

22:00+ & Bonfire



Day 2 The Householder

(Grihastha)

How do I live and give fully?

This day explores purpose, responsibility and contribution.

How do we care for ourselves while also serving others? How can we live with intention rather than simply reacting to life?

8:00-9:00 Breathwork Terrace

9:00-10:00 Breakfast

10:00-11:30 Ayurveda workshop

12:30- 14:00 Lunch (cooking together)

16:00-17:30 Yoga Asana indoors & Meditation

19:00-20:00 Dinner



Day 3 Retirement

(Vanaprastha)

What truly matters to me?

As we begin turning inward, we create space for reflection.

Stepping back from constant doing allows us to reconnect with our values, remember what is truly important.

8:00-9:00 Breathwork Terrace

9:00-10:00 Breakfast

10:00-11:30 Philosophy class

12:30- 14:00 Lunch

18:00- 19:30 Walking Meditation + Yin Yoga



Day 4 Renunciation

(Sannyasa)

What do I want to take home with me?

Our final day is about integration.

It is not about giving up life, but about letting go of what no longer needs to be carried.

Together we will go on a scenic mountain hike to the Rittnerhorn.

We cultivate presence, clarity and a deeper sense of inner freedom that can accompany us long after the retreat has ended.

8:00-9:00 Breathwork Terrace

9:00-10:00 Breakfast

10:00-11:00 Check out

After hike/excursion till around 18:00



The Location

Nestled in the heart of the Dolomites, our Retreat takes place at the beautiful Hofgut Antlas on the Renon plateau in South Tyrol, Italy.

Surrounded by forests, mountain meadows, and breathtaking panoramic views, this peaceful setting offers the perfect environment to slow down and reconnect.

Far away from the noise and constant pace of everyday life, the Dolomites invite you to breathe more deeply, move more slowly, and simply be present.

Renon is known for its fresh mountain air, quiet landscapes, and countless walking trails.

Here, nature becomes more than a backdrop-it becomes part of the retreat itself. Whether you're practicing yoga on the terrace, enjoying your morning tea with mountain views, or watching the sunset over the peaks, every moment offers an opportunity to find greater calm and clarity.

Our home for these four days combines modern comfort with the warmth of traditional Alpine hospitality. The spacious luxury apartments provide a peaceful place to rest, reflect, and recharge between and after sessions.



Accommodation

To suit different preferences, we offer two accommodation options:

Shared Apartment– Share a beautifully designed apartment with one or more fellow participants.

Private Apartment– Enjoy the comfort and privacy of your own apartment for an additional fee.

Both options include comfortable beds, modern bathrooms, and access to all retreat facilities.





Meals

Food is an important part of the retreat experience. Throughout the weekend, you will enjoy nourishing vegetarian, sattvic-inspired meals prepared with fresh, wholesome ingredients to support both body and mind.

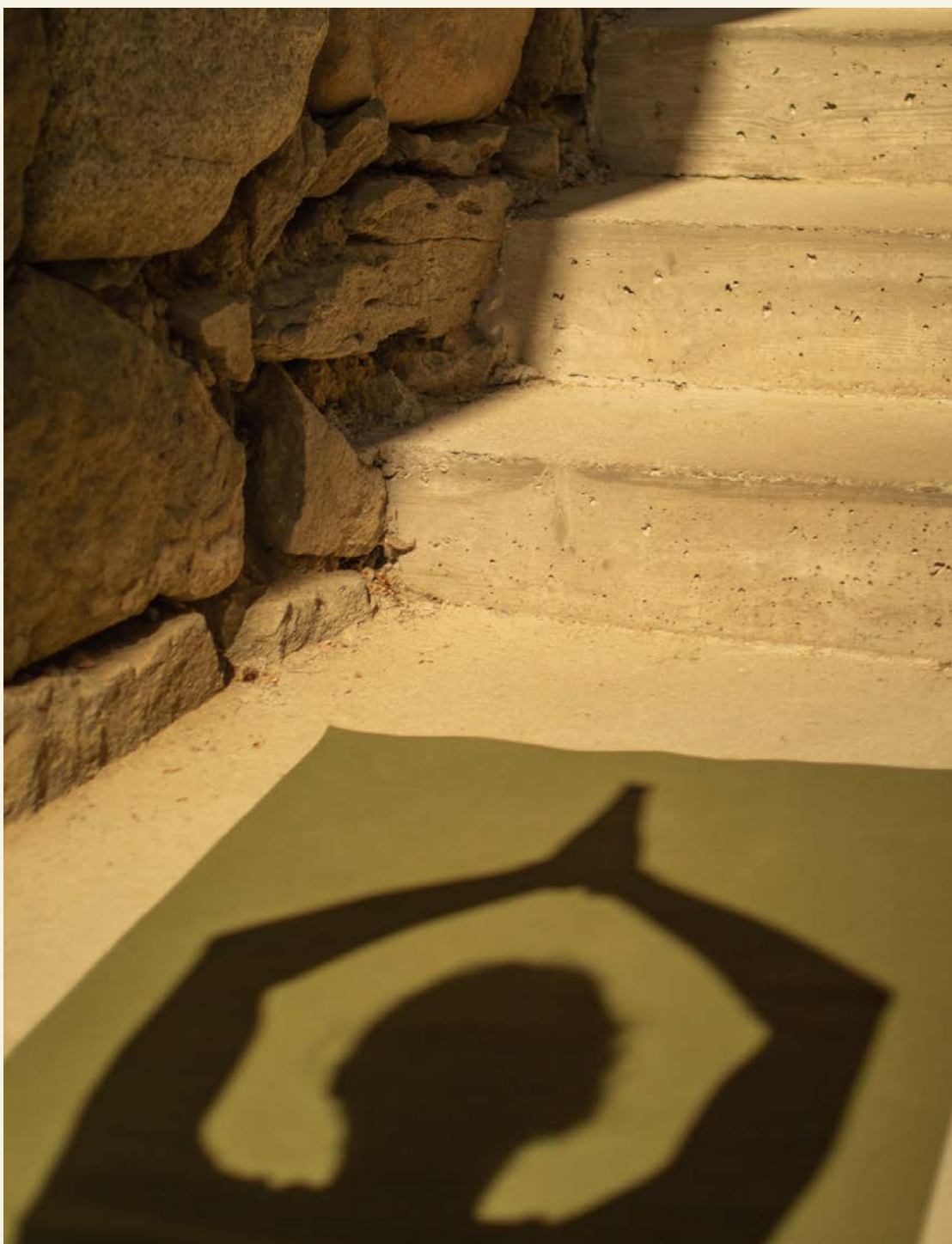
Each morning begins with a generous breakfast buffet, offering a variety of fresh and nourishing options so you can choose what feels best for you.

Lunches and dinners are all included. On two occasions, the team at Hofgut Antlas will prepare a delicious regional meal, allowing you to experience the authentic flavors of South Tyrol.

The remaining shared meals will be lovingly prepared by us, creating a relaxed and personal atmosphere where food becomes another way of connecting with one another.

If you have any allergies, intolerances, or dietary requirements, please let us know in advance. We will do our best to accommodate your needs.

Alcoholic beverages are not included during the retreat. Additional non-alcoholic drinks or special requests outside the provided selection can be purchased separately.



Investment

We believe this retreat is an investment in your well-being, personal growth, and inner clarity. For four days, everything is thoughtfully prepared so you can fully immerse yourself in the experience without having to think about the details.

Early Bird €990

Regular Price €1,150

To reserve your place, a non-refundable deposit of €300 is required. Your booking is confirmed once the deposit has been received. The remaining balance is due before the retreat.

Accommodation Options

Shared Luxury Accommodation (included)

Enjoy a beautiful shared apartment with fellow participants in the peaceful surroundings of Hofgut Antlas.

Private Apartment (optional)

If you would prefer more privacy, a private apartment can be booked for an additional €300, subject to availability.





Your Retreat Includes

- * Three nights in beautiful luxury accommodation
- * Daily vegetarian, nourishing meals (breakfast, lunch, and dinner)
- * Yoga sessions
- * Guided meditation
- * Pranayama (breathwork)
- * Yogic philosophy sessions
- * Ayurveda workshop
- * Guided nature experiences and walks
- * Journaling and reflection exercises
- * Bonfire evening
- * Access to the outdoor hot tub
- * All retreat materials and workbook
- * A supportive and welcoming community throughout the retreat

Not Included

- * Travel to and from the retreat location
- * Travel insurance
- * Personal expenses
- * Additional beverages or snacks outside the retreat menu
- * Private apartment upgrade (€300, optional)

Frequently Asked Questions

Do I need yoga experience?

Not at all.

Whether this is your very first yoga class or you have been practicing for years, you are warmly welcome. All sessions are designed to be accessible and adaptable to different levels of experience.

The only thing we ask is that you come with an open mind and a willingness to explore.





How do I get there?

You can easily reach the retreat in several ways:

By car

Free parking is available directly at Hofgut Antlas.

By train or bus

The nearest major stations are **Bolzano (Bozen)** and **Bressanone (Brixen)**, both approximately 30 km from the retreat location. From there, you can continue by public transport to Collalbo (Klobenstein).

We are happy to arrange a pick-up from Collalbo if needed.

By plane

The nearest airport is **Bolzano Airport**. Other convenient airports include Verona, Innsbruck, and Venice, with train connections to South Tyrol.

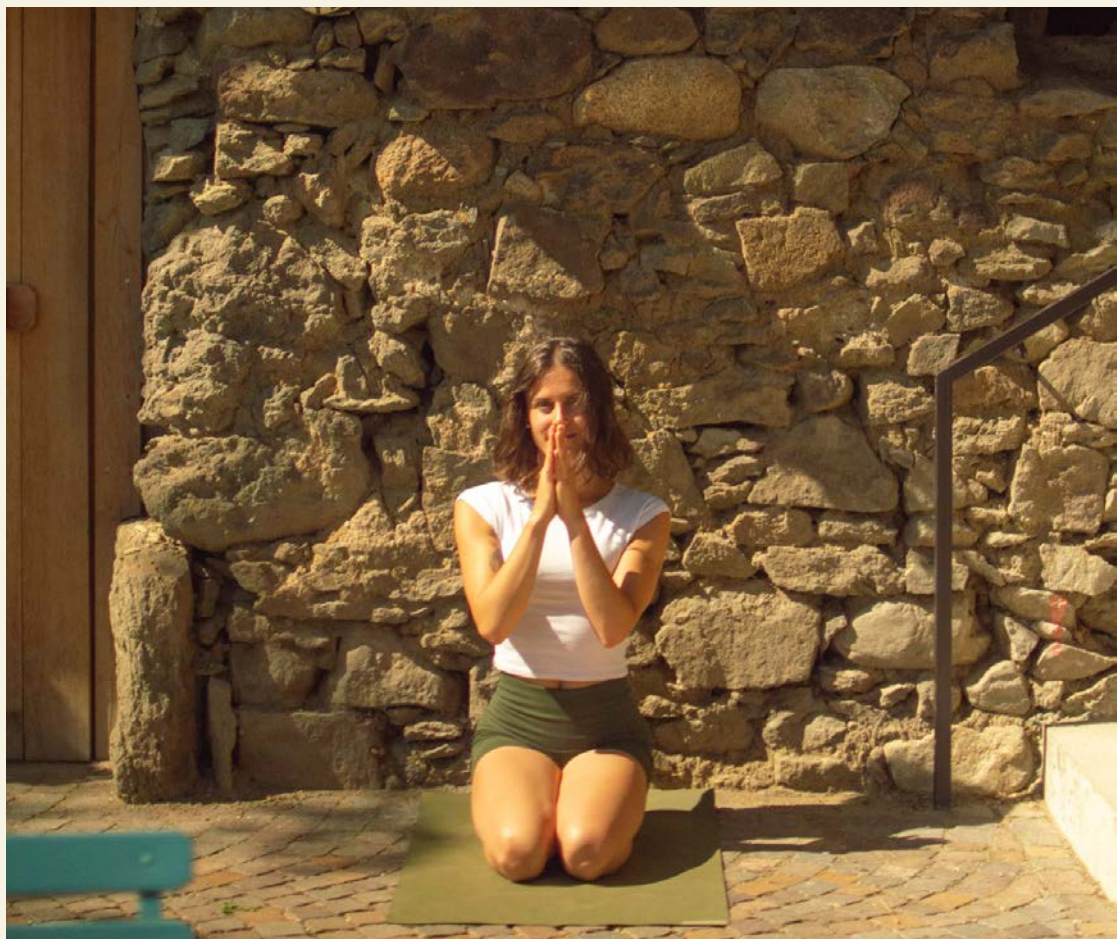
What should I bring?

We've prepared almost everything you'll need during your stay.

Please bring:

- * Comfortable clothing for yoga and relaxation
- * Walking shoes for nature walks
- * A light jacket or warm layers for the evenings
- * Swimwear for the outdoor hot tub
- * Personal toiletries
- * Your journal, if you enjoy writing

Yoga mats, props, meditation cushions, and all retreat materials will be provided. Of course, if you have a favorite yoga mat, you're welcome to bring it.





What is your cancellation policy?

A €300 non-refundable deposit is required to reserve your place.

If you cancel your booking, the deposit cannot be refunded. If the remaining balance has already been paid, it is also non-refundable.

In the unlikely event that we need to cancel the retreat, you will receive a ****full refund of all payments made****, including your deposit.

Still have questions?

We'd be happy to help. Feel free to contact us by email or Instagram...

we're here to make your retreat experience as enjoyable as possible.



How to Join

Step 1 - Complete the Application Form

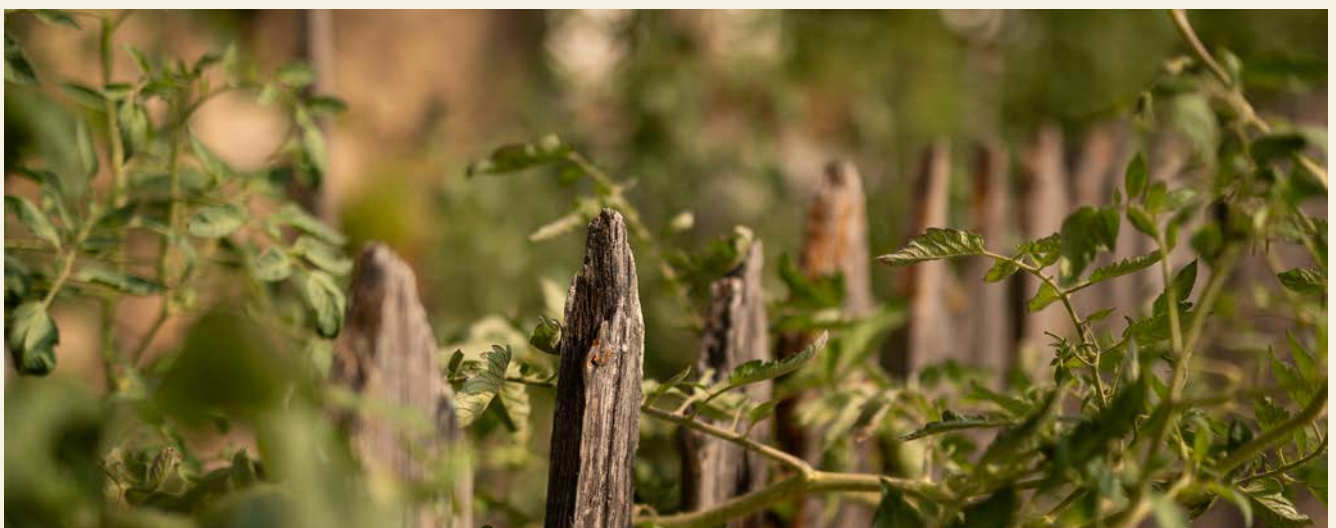
To begin, simply fill out our online application form. This helps us get to know you a little better, understand any dietary requirements or injuries, and ensure the retreat is a good fit for everyone.

Step 2 - Confirmation

Once we receive your application, we'll review it and send you a confirmation email with all the information you need to complete your booking.

Step 3 - Secure Your Place

Your place is reserved once we have received your **€300 non-refundable deposit**. The remaining balance can be paid before the retreat according to the payment information provided in your confirmation email.



Stay in Touch

If you have any questions before booking or at any point leading up to the retreat, please don't hesitate to get in touch.

Laura Thaler

Email: yogalaura.heal@gmail.com

Instagram: [@itsyogalaura](https://www.instagram.com/itsyogalaura)

Google Application Form:

https://docs.google.com/forms/d/e/1FAIpQLSeBteB4NosCV-vCIShq6YhE-ePiw-CT_RTT1lgxZRQ_Tt3lNxg/viewform?usp=header

We can't wait to welcome you to the Dolomites and share this experience with you.

Our hope is that you leave not only feeling rested, but with a deeper understanding of yourself, practical tools to navigate everyday life with greater ease, and friendships that continue long after the retreat ends.

