

OBSERVE. UNDERSTAND. MOVE.



STILLE.
BERGE.
SPA.
KULINARIK.

RETREAT.

15.–18. Oktober 2026

Hotel Tauber. South Tyrol

3 Nights · 10 Guests

OBSERVE. UNDERSTAND. MOVE.

hideaway.

A small circle.
No pressure.
Space to simply be.

3 Nights · 10 Guests

RETREAT.
Oktober 15th-18th

STILLE.

DAY ONE

Welcome Circle
Alignment Practice
Spa
Dinner
Reflection Circle

OBSERVE. UNDERSTAND. MOVE.



A hand is shown pouring a golden liquid, likely massage oil, from a polished brass bowl onto the back of a person lying down. The person is covered with a grey towel, and only their back and shoulder are visible. The background is a warm, out-of-focus orange-brown color.

RETREAT.
Oktober 15th-18th

UNDERSTAND.

DAY TWO

Silence
Nature Walk
Spa
Body Awareness Yoga
Dinner
Journaling

OBSERVE. UNDERSTAND. MOVE.

RETREAT.
Oktober 15th-18th

INTEGRATE.

DAY THREE

Silence
Integration Practice
Spa
Dinner
Restorative Yoga
Reflection Circle

Integrate what you've discovered.

OBSERVE. UNDERSTAND. MOVE.

RETREAT.
Oktober 15th-18th



RETURN.

DAY FOUR

Silence
Closing Circle

OBSERVE. UNDERSTAND. MOVE.

RETURN.

15–18 October 2026

Included

3 Nights Stay

3/4 Pension

Spa Access

Daily Guided Practices

Guided Nature Walk

Reflection & Journaling



Investment

from 890,- €

limited to 10 Guests

OBSERVE. UNDERSTAND. MOVE.

Bookings

via Hotel Tauber

0039 0474 56 95 00

info@taubers-vitalhotel.com

TAUBER EDITION.

RETREAT.
15.-18.Okt.2026



DAY ONE — **ARRIVE.**

14:00 Welcome Circle
15:00 Alignment Practice
Spa · Sauna · Rest
19:00 Dinner
21:00 Reflection Circle

DAY TWO — **UNDERSTAND.**

06:00 Morning Silence*
09:00 *Guided Nature Walk**
Lunch · Spa · Sauna · Rest · *Massage**
17:00 Body Awareness Yoga
19:00 Dinner
21:00 Journaling

DAY THREE — **INTEGRATE.**

06:00 Morning Silence*
10:00 Integration Practice
Lunch · Spa · Sauna · Rest · *Massage**
17:00 Restorative Yoga
19:00 Dinner
21:00 Reflection Circle

DAY FOUR — **RETURN.**

06:00 Morning Silence*
10:00 Closing Circle

*Selected experiences are optional and invite guests to follow their own rhythm

JOURNEY.

OBSERVE. UNDERSTAND. MOVE.





CONTACT.

Jinyoung | Yoga. Pilates. Curated Retreats.
T. +49 152 104 693 96 | E. info@jinyoung.de
Dalbergstraße 1 | 36037 Fulda, Germany

www.jinyoung.de

 [jynht_](https://www.instagram.com/jynht_)

OBSERVE. UNDERSTAND. MOVE.