

SPIRIT YOGA RETREAT

EXCLUSIVE SPIRIT YOGA WITH PATRICIA THIELEMANN



WELLNESS FOR BODY AND MIND

TRAVEL DATES: MARCH 11 TO MARCH 15, 2026

The following services are included in this offer:

- 4 nights in your preferred room category, including a generous breakfast buffet
- Daily 3-course dinner at the restaurant Hoog
- 4 morning yoga sessions
- 4 morning meditation sessions
- 4 evening yoga sessions
- “Individual Attention” – pampering treatment in our Spa, 50 minutes per person
- Time to breathe and relax in our SPA, including access to the fitness area
- Beverages from the minibar, plus use of the Nespresso coffee machine and tea facilities
- 24-hour room service, daily newspaper, turndown service, luggage and valet service
- Shuttle transfer to and from one of Sylt's train stations or Westerland Airport



SUPERIOR DOUBLE ROOM	Price per person:	EUR 1,920.00
SUPERIOR DOUBLE ROOM PLUS	Price per person:	EUR 1,980.00
DELUXE DOUBLE ROOM	Price per person:	EUR 2,080.00
JUNIOR SUITE	Price per person:	EUR 2,160.00

For single use:

SUPERIOR DOUBLE ROOM	For single use:	EUR 2,620.00
SUPERIOR DOUBLE ROOM PLUS	For single use:	EUR 2,740.00
DELUXE DOUBLE ROOM	For single use:	EUR 2,940.00
JUNIOR SUITE	For single use:	EUR 3,180.00

This offer is available upon request and subject to availability under the keyword "Spirit Yoga."

Existing bookings cannot be modified. Unused services cannot be refunded.