

Summer Intensive Dates

Trainings, Retreats and Coaching-Weeks

Core Practice

- *Morning Trainings, Berlin*

10. to 14. July
every morning 8am - 9.30am

Carpe Diem - Breath Movement Focus

Kunstquartier Bethanien / Kreuzberg, Berlin

& *Coaching-Week I*

10. to 14. July

individual appointments, StudiO / Prenzlauer Berg, Berlin

- *Deep Practice Lab, Berlin*

29. & 30. July

Focus & Personal Mastery

Kunstquartier Bethanien / Kreuzberg, Berlin

- *Morning Trainings, Berlin*

14. to 18. August
every morning 8am - 9.30am

Carpe Diem - Breath Movement Focus

StudiO & Outdoors / Prenzlauer Berg, Berlin

& *Coaching-Week II*

14. to 19. August

individual appointments, StudiO / Prenzlauer Berg, Berlin

Retreats

4. to 6. August
Tegernsee Alps / Southern Bavaria

Silence Retreat

23. to 27. August
Liguria / Italy

Wild at heART - Project Retreat

1. to 7. Oktober
Eolian Islands / Italy

Transition Retreat

Summer Intensive

Dates