



# Ayurveda-Yoga-Sound-Natur






**Get away from it all! Treat yourself to 6 nights and 5 days of complete relaxation: immerse yourself in the healing world of Ayurveda, find your flow with yoga and embark on a sound journey with Tibetan singing bowls - all in the idyllic surroundings of the enchanting Kegnaes Garden in Denmark.**

From **Saturday, May 31, 2025** to **Friday, June 6, 2025**, experience the perfect time-out on the idyllic island of Kegnaes in the Danish South Sea, the picturesque region of the southern Baltic Sea. The retreat offers you a unique opportunity to bring body, mind and soul into harmony - in the midst of the tranquil nature of **Kegnaes Garden**

## What you can expect:

 **Ayurvedic healing arts:**  
workshops & individual tips for your Well-being.  
 **Daily Yoga:** Hatha and Yin yoga sessions, suitable for all levels - Find balance and inner peace with gentle flows and regenerating postures

 **Singing bowl therapy:**  
Soundscapes that release blockages and promote deep relaxation..

 **Relaxing surroundings:** Enjoy the expanse of the coast, walks by the sea and the tranquility of the island.  **Freshly prepared meals:**

Delicious Ayurvedic and vegetarian dishes, cuisine that nourishes and strengthens your body.

## Accommodation:

Spend the night in one of the cozy **Twinshare rooms**.  
Single rooms are available on request for an additional charge - for an even more personalized experience.

Please note that the showers and toilets are shared.

**When:**

📅 **Saturday, 31. Mai 2025 (arrival from 15:00 Uhr) until Friday 6. Juni 2025 (Departure approx. 12:00 noon)**

✉️ **Registration and further information:**

**Prices & registration**

🇨🇭 **CHF 1.025,00 / € 1.105,00 per person** in a double room with Max. 10 persons. (For one A small surcharge of 10% will be charged for minimum bookings of 8 people.)

**Includes:**

- 5 overnight stays
- 3 ayurvedic-vegetarian meals per day
- Water, tea and between meals

**Exclusive:** Travel expenses

**Early bird offer:**

Book by **February 15. 2025** and receiver:

**CHF 100,00 / € 100,00 discount!**

📅 **Registration deadline:** April 20. 2025

**Where:**

🌐 **Kegnaes Garden,**

**Connect with nature:** Sfeel the The gentle coastal breeze, the calm of the sea and the inspiring expanse of the island of Kegnæs in the Danish South Sea. Experience transformation, relaxation and inspiration in one of Denmark's most beautiful coastal regions.

🚗 **Journey**

**Norre Landevej 8 / 6470 Sydals, 6470 Dänemark**  
[www.keгнаesgarden.de](http://www.keгнаesgarden.de)

You can reach Kegnaes Garden by public transport from Hamburg Airport / Flensburg / Senderborg by train and bus. On request, the bus driver will drop you off directly in front of Kegnaes Garden.

If you want to travel by car, it will take you about 2.5 hours from Hamburg to Kegnaes.

If you need more information, please contact me.

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Book your place directly with me today! The number of participants is limited to ensure an intimate and personal atmosphere.



*Nadja* 🌸