

Regeneration for body, mind and spirit – Wellness, Meditation and Relaxation

“What is being done for you, allow that it will be done. What it has to be done by yourself, do it.”

Stress and pressure make our lives hard and afflict daily routine. For a better balance and to increase our well-being, we need moments of retreats and regeneration, where we try to avoid ‘outside life’ in order to concentrate on the more essential, to release resources and new power.

Our goal to make become true those moments of relaxation, is a 5 nights stay in the beautiful Hotel Garden**** in Montegrotto Terme near Padova. You will be accompanied onsite by Dorothea Neumayr and Dr. Gabrielle Paulsen, both of them do have degrees in guided Meditation, Breath- and Water Therapy as well as psychosomatic medical science by Dr. Med. Rüdiger Dahlke.

The program foresees daily water experiences by acqua-e-motion in the wonderful outside pool of the hotel, which can bring, in the body temperature warm water, to deep physical and emotional state of relaxation. Furthermore will be offered guided meditations, short lectures about physical and mental health, as well as Qi- Gong sessions to bring body and mind to harmonize.

You will be brought softly in a complete different world of experience where everything begins to flow, ‘to be’ replaces ‘to do’ and therefore new physical and emotional energies can be taken.

In addition to the above program, we offer a ‘ruminant’ city tour in Venice, an affectionate support in the hotel, two massages in the SPA of the hotel, as well as an excellent Mediterranean cuisine.

This program can be booked also as an corporate incentive trip, dates upon request, rates are depending on the season and includes as follows:

- 5 overnight stays with full board in the Hotel Garden Terme**** (lunch and dinner does include 4 course menus each)
- 1 feet and 1 full body massage
- free entry to the outdoor swimming pool
- bathrobes from the hotel
- 1 ‘ruminant’ city tour in Venice (1 guided half day tour with English speaking local guide, rest of the day free time)
- train ticket and return for Venice
- assistance by Dorothea Neumayr and Dr Gabrielle Paulsen onsite during the whole stay
- daily experiences in water therapy
- guided meditations
- short lectures about physical and mental health
- Qi Gong exercises

The villages of Montegrotto and Abano Terme are well known all over Europe for the excellent ‘Fango’ therapies. Upon request those can be booked in addition as well as eventual pre- and post stays to the above mentioned package.

Flight and transfer rates upon request.

For booking and information: