

Inside Rock Retreat



*March 18-21,
2027*

*Guarda
Switzerland*

CURATED EVENTS

EXPERIENCE

- Contemporary yoga practices to renew the body & free up energetic pathways
- Experience-based crystal workshops including body layouts & meditations
- Introduction to crystal healing
- Daily spa & wellness rituals
- Exquisite mountain setting
- Carefully selected group

*Grounded strength in the morning.
Energetic alignment in the evening.*

SETTING

Set in the quiet mountain village of Guarda at Meisser Resort, this retreat unfolds in the stillness of the Engadin off-season.

Surrounded by mountain light and crystal-rich stone, the landscape invites reflection beneath conscious thought and routine.

Days move gently between the light-filled yoga space overlooking nature, our cosy hotel, the spa, and the timeless simplicity of the historic village.

Space opens for quiet alignment as well as renewal of body, breath and mind.

DETAILS

Starts Thursday March 18 at 5pm

Ends Sunday March 21 at 12pm

Everything included:

- 3x overnight stays at Meisser Lodge
- Single or double room options
- Daily vitality breakfast buffet
- 2-course lunch & 3-course dinner
- Snacks, fruit, tea & coffee
- Spa & gym access all day
- 4x yoga 60/90min classes
- 2x 90min crystal workshops
- Crystal healing set of stones

Travel to Guarda by train, it's an easy and idyllic 2.5h journey from Zurich mainstation.

FORMALITIES

Single room: 1100 CHF all included

Double room: 920 CHF all included

Reserve your spot with a non-refundable down payment of 500 CHF. The remaining payment is due as of Nov 15th, 2026.

Cancellations with full refund (except the 500 CHF) are possible until Nov 15th, 2026.

Participants are responsible for their own travel and health insurance.

Inside Rock Retreat is solely led by Reni Bickel. Please, email me if you wish to participate: hello@renibickel.com