

11-13 December 2026

SOMATIC RESET WINTER RETREAT

Southern Styria
Austria

Shake the Dust | Yoga | Sauna | Voice

WHAT AWAITS YOU?

- Return to yourself through fiery **Shake the Dust** and the deep stillness of **Embodied Yin**. Wild and tender.
- Let your body remember what it feels like to move from intuition, not instruction, through **Somatic Yoga Flows**.
- **Carefully curated playlists** woven into every session, because music is a portal and your body knows the way.
- Unwind completely. **Sauna, time for yourself** and long walks through **nature**.
- **Release what no longer serves**. Welcome winter with a little more lightness.
- **Sharing circles** where you get to be seen and to witness others. Real connection.



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SAMPLE SCHEDULE

FRIDAY

from 3:00 PM Arrival
4:00 PM Welcome Circle &
Shake the Dust
06:30 PM 3-course Dinner
08:00 PM Sauna / Relax

SATURDAY

08:00 AM Somatic Yoga Flow
09:30 AM Breakfast
11:00 AM Nature Walk / Free
Time / Journaling
03:30 PM Sing & Dance
05:30 PM Dinner
07:30 PM Embodied Yin Yoga
08:30 PM Sauna / Relax

SUNDAY

8:00 AM Somatic Movement
09:30 AM Breakfast
until 11:00 AM Check out
11:00 AM Surprise Workshop &
Closing Circle
ca. 1:00 PM Departure

**Sample programme /
Subject to change*



LOCATION



A biodynamic winery nestled in the **South Styrian Nature Park**, surrounded by **vineyards** and shaped by a deep love for nature and sustainability.

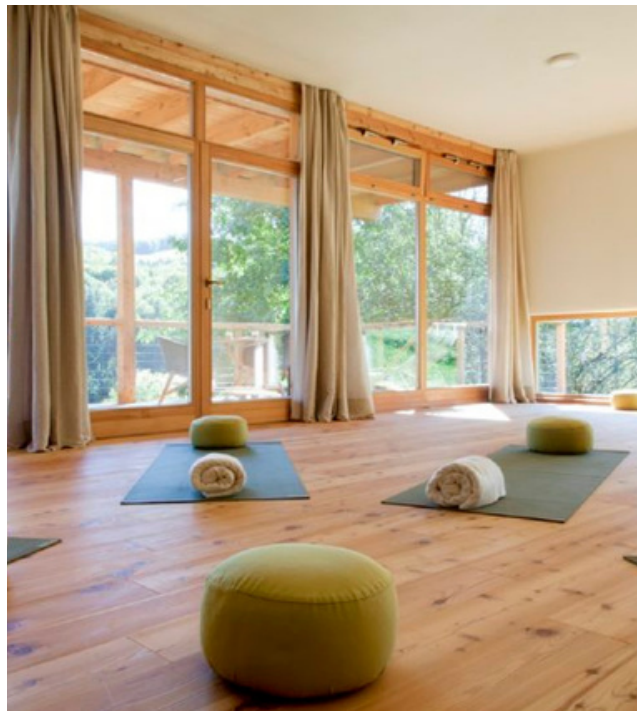
Beautiful hiking trails starting right from the estate.

If you want a freshly baked cake or a glass of wine, just ask the House Lady.

The **Yoga Shala** “Haus der Stille” offers the perfect space for your yoga practice.

Finnish **sauna**, steam bath and loungers to unwind on.

Want to go even deeper? **Massage**, osteopathy and craniosacral therapy are available on request.



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ROOMS AND MEALS



ROOMS

Different double room or single room options.

All rooms are furnished with natural wood and attention to detail.

Access to **Sauna.**

MEALS

Breakfast. A homemade organic buffet. Fresh bread and pastries, jams, spreads, yoghurt, porridge, seasonal fruit and scrambled eggs. Rounded off with teas, coffee specialities, juices and muesli.

Dinner. A 3-course vegetarian menu incl. salad, soup, warm vegetarian dishes and dessert. Juices included.

Tea & Snacks all day long.



ABOUT THE HOST

As a former scientist, she left the lab, traded data for movement and discovered that somatics can do what the mind alone never could. Her curiosity for the human body led her here.

With **somatic movement** she will guide you beyond asana poses and into the deeper work: **Nervous system regulation, embodied presence** and **real felt sense**.



Beyond somatics, her passion is Acro Yoga and handstands. The playful, athletic side that keeps her constantly exploring.

What drives her as a teacher is watching people find their authentic self through free movement. No choreography, no performance. Just you, your body and whatever wants to come through.

During her retreats you will move, sweat and shake things loose and then settle into stillness, soft yin and space to integrate. Not just an escape, but lasting transformation.

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INVESTMENT SOMATIC RESET

Includes yoga and somatic movement practices, a surprise workshop, circles and more.

Pricing:

€199 Special offer until **21 June 2026** (first 8 people)

€279 Regular price from 1 July 2026

Travel is not included in the price. I am happy to help coordinate carpooling.

Registration: Via email at hi@elenazand.com

A deposit of 50% is due directly after booking. The remaining 50% is due by 15 August 2026 at the latest.



**Cancellation policy: The retreat deposit is non-refundable. For balance payments, the following applies: Cancellations more than 100 days before the retreat date will be refunded in full (excluding the deposit). Less than 100 days before: The full amount applies. Spot transfer to another person is possible at any time. In case of illness or personal emergency, your deposit can be transferred to a future retreat.*

Elena Zand reserves the right to cancel the retreat up to 90 days before the start date if minimum registrations are not reached. In this case, all payments will be refunded in full.

PRICES ACCOMODATION AND MEALS



2 NIGHTS INCL. HALF BOARD & SAUNA:

White Wine Room - Double €208 p.P.
+ €50 if used for single occupancy
(5 rooms in total)

Red Wine Room - Double €238 p.P.
+ €80 if used for single occupancy
(4 rooms in total)

*1 White Wine Room and 1 Red Wine
Room available for single occupancy.*

Room selection is first come, first
serve.

Please book your room directly with
Weingut Tauss via E-mail at
info@weingut-tauss.at. A deposit is
all that is required at the time of
booking.



FEEL THE CALL?



APPLICATIONS OPEN.

Apply via E-mail to **hi@elenazand.com**

More infos:
www.elenazand.com