

Meditation for Advanced Practitioners

Sunday, 22 November –
Wednesday, 25 November 2026





Kim Fleckenstein

The benefits of meditation have now been scientifically proven many times. Meditation not only helps you respond more calmly and composedly in stressful situations, but it also supports a wide range of illnesses. Meditation is an established complementary healing method. However, with meditation too, regular practice is necessary to receive lasting benefits.

This meditation retreat is aimed at all interested participants who already meditate regularly or who have taken part in a beginner's course. It is intended for those who enjoy practicing in a group and would like to deepen their personal meditation practice. It is for people who wish to exchange ideas with like-minded others in a group setting and receive inspiration and tips for their ongoing meditation practice in daily life.

“The longer you meditate, the further you go!”

Take time for yourself in a beautiful setting. Turn inward in a calm and relaxed atmosphere.

Allow yourself to experiment with different kinds of meditation, regardless of your own meditation path. Deepen your practice by also trying meditation in motion and by using your own breath to feel deeply into yourself, perhaps even reaching deeper-lying emotions.

“Kim Fleckenstein will be available to support you with an individual consultation for your personal concerns, if needed.”

You will have plenty of time during the meditation sessions to enjoy the beautiful nature around the Karwendel mountains or to make use of the hotel's extensive wellness program, thus further enhancing the positive effects of the meditation.

Course contents:

- Gradual increase in meditation duration
- Meditation exercises including movement such as dancing, mantra singing, and deep breathing
- Exchange and inspiration within the group

SCHEDULE

SUNDAY

- 4:45 pm *Meet at reception*
- 5:00 – 6:00 pm **Welcome session, theory and 1st meditation: basics**
- 7:30 pm Dinner together with Kim Fleckenstein

MONDAY

- 08:00 – 09:00 am **Theory and 2nd meditation: focus “breath”**
Meeting point: Bar – walk to the Meditation House
- 5:00 – 6:00 pm **Theory and 3rd meditation: focus “word”**
Meeting point: Bar – walk to the Meditation House
- 7:30 pm Dinner together with Kim Fleckenstein

TUESDAY

- 08:00 – 09:00 am **Theory and 4th meditation: focus “body”**
Meeting point: Bar – walk to the Meditation House
- 5:00 – 6:00 pm **Theory and 5th meditation: focus “walking”**
Meeting point: Bar – walk to the Meditation House
- 7:30 pm Dinner together with Kim Fleckenstein

WEDNESDAY

- 08:00 – 09:00 am **6th meditation and feedback round**
Meeting point: Bar – walk to the Meditation House
- Till 11:00 am Room release and individual departure

Between the training sessions there is time to enjoy Das Kranzbach: our culinary offerings at breakfast, lunch and dinner, the Badehaus with saunas, steam rooms and lounging areas, wellness treatments and cosmetics, and outings into nature, and more.

Reservation and more information at **+49 (0)8823 - 92 8000**
info@daskranzbach.de or **www.daskranzbach.de**