

RETREAT WITH PURIA IN GERMANY



meditation - nature - presence - silence - harmony

I invite you to take a time out, away from the hustle of your daily routine. In a simple environment, close to a forest and hills of the Bavarian Forest at the edge of a very small village.

No matter what calls you, maybe you need a rest, inspiration, clarity of your path, time for introspection, deepening your spiritual practice, support in a healing process or crises. You are very welcome to join me and my partner Shanti at our cute, charming nature spot.

Together we will look close to where you are right now and what will support you in order to experience yourself as a unique wonder, to observe the present moment as your friend and life itself as a precious gift.

„When you have tasted the sweet nectar out of your deep connection to your own soul, and the peace within what eternally is, than you will never forget this experience“.

We create our common time as it is needed. For example with morning body exercises, meditation, mindfulness and/or presence training, energy work, shamanic work, astrologies, akashic records reading, walks in nature, preparing our meals and our contribution for one hour per day to the community space in house, courtyard and garden.

the venue – Weisser Stein (White Stone)



The south-facing property is 3400 m² big and on the north side starts a huge forest. Facing south you have a nice overview of the hills of the Bavarian Forest. The closest bigger city is Cham, 11 km distance, with shops, a farmers market on Saturdays, restaurants, a cinema, train station etc.

accomodation

We offer a room in the house or a spot in the garden for your tent.

food

Our food is organic, vegetarian and mainly vegan. Most of the time we have a late, rich breakfast and an early dinner. Water and teas are included and depending on the daily schedule we sometimes provide a lunch or cake during the afternoon as well.

Cost for food and accomodation: Room: 40 € / day Tent: 25 € / day

basic price for the retreat

150 € per day, including body exercises and meditation, 1 hour session plus accomodation and food. More sessions need to be payed extra.



care taker of the place: Shanti and Puria

They are living at this lovely place since August 2015; Puria in the yurt and Shanti in the house.

They are a couple since 2010 and share their love for a simple life close to nature, shamanic healing work, personal development and meditation. They are dedicated to practically research which life conditions and inner attitudes do support us in developing as a person and embodying awakened consciousness in daily life.

Shanti manages his own enterprise, where he designs and sells wooden toys. He also shares his experiences in shamanic techniques in a gentle and sensitive manner.

Puria works in sessions like a piano tuner, only that she tunes human beings to the „tone of their heart and their deepest being“. Her interest in expansion of consciousness, healing and spirituality guided her to extensive journeys to foreign cultures and to precious encounters with healers and spiritual teachers of diverse traditions. She has an medical education, years of experience in personal development, meditation, Tai Chi and alternative healing methods. Her Tibetan roots connect her to the wisdom oft he present moment. With the initiation in the curandero (healer) tradition she is connected to a powerful shamanic lineage. Elaborately she interlocks transcendence and transformation in order to set alchemistic processes going. With Purias talent of intuitively identifying hidden structures she brings clarity in cognitive processes. She shares her love for a way of living were our being is embodied through all levels with individuals and groups.

please send me the following information to: puria.kaestele@web.de

- short life resume
- a foto would be nice
- What attracts you to come for a retreat?
- When and how long would you like to stay?
- Are you interested in spacific sessions which you find on my website (www.presence-healing.de)



yurt and surrounding





inside the yurt



house entrance



bedroom – guestroom



living-dining room in the house



kitchen with access to the garden



bathroom (the only room which still waits for renovation)



in this little hut we
store wood and tools



Sitzenberg, the village
counts 40 houses and is 650 meters above sealevel



within 1 minute walking distance – view to the North



within 5 minutes walking distance – view to South-East



11 km to Cham
34 km to Straubing
53 km to Deggendorf
60 km to Regensburg

105 km to Passau
150 km to Nürnberg
170 km to Munich
200 km to Prague

