

WELCOME TO NARNIA

Discover Your Strength at our Transformative Retreats!



Escape the noise, reconnect with yourself, and awaken your inner power. Our 3-4 day mini retreats are designed to inspire transformation through proven techniques:

- **Wim Hof Method**
- Harness your breath to enhance vitality and mental clarity. Learn the Method, including deep breathing, cold exposure, and mindfulness.
- **Cold Plunging & Sauna Therapy**
- Challenge your limits, boost your energy, and feel fully alive.
- **Hikes in Nature**
- Reconnect with the earth and find inner peace.
- **Physical Exercise**
- Energize your body and mind with invigorating movement.
- **Feel the Chi**
- Practice interoceptive focus and Qi Gong to connect with your life force.
- **Good People**
- Enjoy a supportive, inspiring community of like-minded individuals.

For those seeking balance, strength, and a deeper connection with themselves. Step out of your comfort zone and into a space of growth and renewal.



Each retreat is unique because every group of people is unique. However, all retreats follow a similar structure, with the practices listed in a particular order. Additionally, we occasionally bring talented instructors for ecstatic dance, yoga, Thai massage, and bodywork to select retreats. Just ask about the dates you're interested in, and we'll reveal our special guest instructors!

Your Hosts

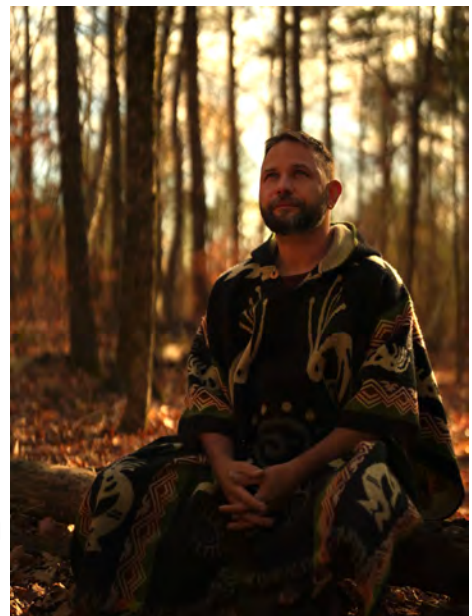


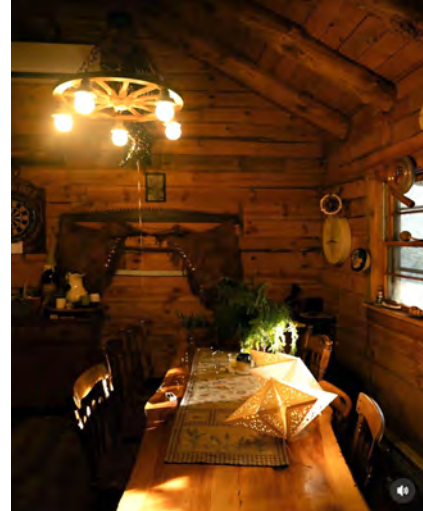
Alex

Alex (Wim Hof Method Certified Instructor) brings a wealth of knowledge and experience to the retreat, guiding you through the powerful Wim Hof Method—a combination of breathwork, cold exposure, and mindfulness practices. With his deep understanding of the science behind these techniques, Alex will guide you on a transformative journey to improve mental clarity, reduce stress, and enhance your overall vitality. His love for nature and wellness fuels his enthusiasm for sharing these powerful practices and inspiring others to embrace their fullest potential.

Stan

Stan (professional sound-healer) is a talented individual with a wide range of skills. As a certified sound healer, drummer, and drum circle facilitator, he brings a unique energy to the retreat. Stan's passion for traditional Eastern European sauna rituals offers participants a deeply transformative experience in heat therapy, detoxification, and spiritual connection. His incredible cooking skills ensure that every meal is a nourishing delight, and his musical talents infuse the retreat with vibrant energy. Stan is also inspired by the Wim Hof Method and practices it with commitment, bringing a deep understanding of how cold therapy and breathwork can enhance well-being.





Accommodation

On the first floor of our cozy log cabin, you'll find a warm and inviting shared kitchen and dining area—our main gathering spot.

On the second floor (the loft space), there is a shared bedroom with 8 single beds, where you'll sleep like a baby after a day full of activities.

There are 3 full bathrooms to ensure that you won't have to wait for facilities during your stay.

Pack only your bathing suit, towel, hiking boots, and slippers—and you're good to go! However, if you're not quite a Viking just yet, please bring your bedding or sleeping bag (recommended) and some winter clothes.

Food

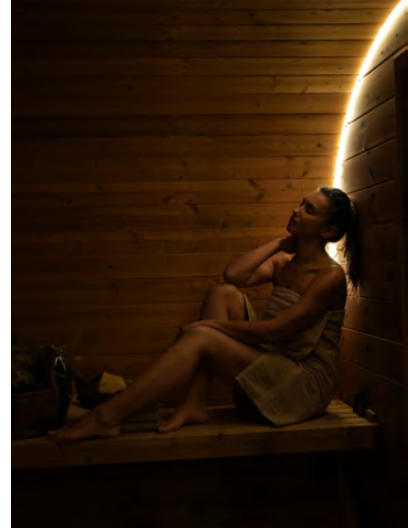
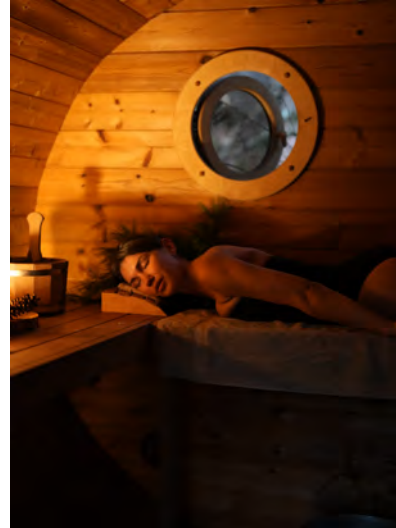
Enjoy home-cooked meals prepared by Stan, who will nourish your body and soul with traditional, wholesome dishes. We serve breakfast, lunch, and dinner, plus some snacks if you're well-behaved! :)

We cook almost all our food from scratch, and some meals are cooked in a kazan (a large, half-round pot) over an open fire, creating an aroma that will have you salivating long before the dish is ready.

Our menu changes from time to time but usually includes:

- Grain/avocado bowls
- Hearty soups
- Pilaf with lamb, beef, or chicken
- Special vegetable stew
- A secret fish dish
- Vegetarian options are available upon request.





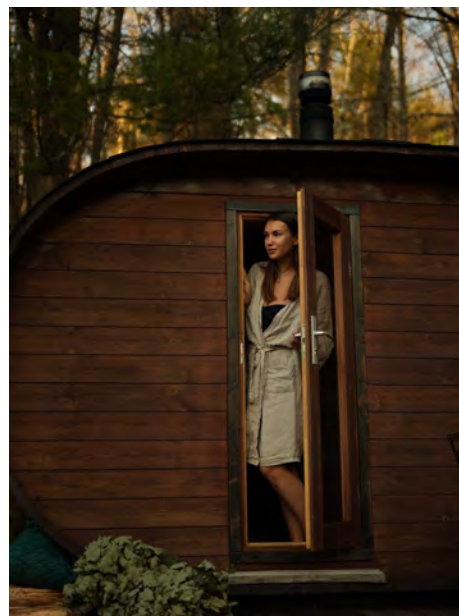
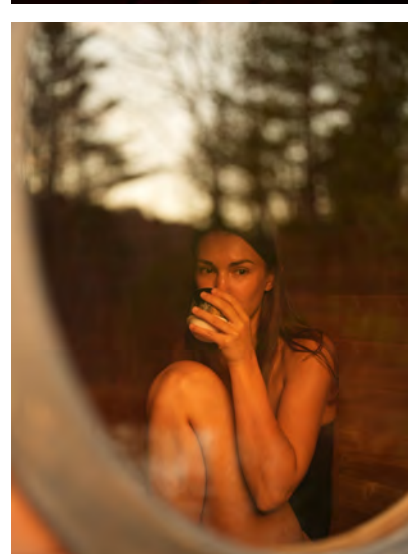
Sauna

Welcome to Our Serene Sauna by the Pond!

Nestled at the edge of a tranquil pond, sauna is the perfect place to relax and rejuvenate, offering a seamless experience of hot and cold therapy. Built with high-quality, temperature-treated wood from Finland, this traditional sauna combines rustic charm with modern comfort.

The sauna features a wood-burning stove that creates a soothing warmth throughout, providing the ideal environment for deep relaxation. Inside, the hot room is spacious and inviting, offering room for up to 8 people. When you're ready to cool off, step outside and immerse yourself in the refreshing cold plunge, easily accessible via a wide, sturdy ladder into the pond. The cool water invigorates and revitalizes your body, creating the perfect contrast to the heat of the sauna.

After your plunge, retreat to the chill room, drink some herbal tea and let your body rest and return to a calm state.



Pricing

Our typical retreat price range for **2025** is **\$600-800**, depending on the number of days, added activities, and the season. Please do not hesitate to reach out to us directly for a price check for upcoming dates!

We also offer group discounts and some other additional offers/promotions.

Sample Daily Program

We prefer to not disclose a day-by-day retreat program to maintain an element of mystery and surprise. However, here is what participants might expect:

Morning Routine: We begin our day at around 8:00 AM with morning stretching, qi-gong, light physical exercise, and breathwork/meditation, followed by hot coffee and a warm breakfast.

Daily Activities: Each day includes various activities. Examples include a, expedition to the secret waterfalls/forest, different types of cold exposure, “naked” (in your swimsuit) hike, spirit animal meditation, “silent” meditation, ecstatic dance practice, and forest vipassana, drum circles or sound healing experience.

Afternoon: After a lunch break and some rest/free time, we engage in a sauna ritual accompanied by discussions on the theory and science behind our practices. This is also a great time to ask questions and share your perspectives.

Evening Routine: Dinner time includes some light after-dinner activities while relaxing in the comfort of the cabin by the fire. Breathwork lullaby and sleep in your cozy beds.

Free Time: Each day allows for a few hours of rest and personal time where you can stroll around the forest, read, talk or drink some tea.

