

# POST BEZAU Retreats 2024

## January

- 02 - 06** NEW YEAR'S YOGA RETREAT with Claudia Jochum-Breuß  
Tue Sat
- 08 - 13** BODY SHAPING RETREAT  
Mon Sat
- 08 - 13** MEDICAL DETOX RETREAT 4- and 7-days  
Mon Sat
- 24 - 28** YOGA RETREAT with Anna Rampf  
Wed Sun
- 31 - 04/02** MINDFULNESS RETREAT  
Wed Sun
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## February

- 31/01 - 04** MINDFULNESS RETREAT  
Wed Sun
- 21 - 24** YOGA HIIT RETREAT with Anna Posch  
Wed Sat
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## March

- 04 - 09** BODY SHAPING RETREAT  
Mon Sat
- 13 - 16** YOGA RETREAT with Claudia Jochum-Breuß  
Wed Sat
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## April

- 03 - 07** MINDFULNESS RETREAT  
Wed Sun
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## May

- 01 - 04** YOGA RETREAT with Claudia Jochum-Breuß  
Wed Sat
- 13 - 18** BODY SHAPING RETREAT  
Mon Sat
- 13 - 18** MEDICAL DETOX RETREAT 4- and 7-days  
Mon Sat

Bookable all year round: **Detox & Beauty Retreats and more**

# POST BEZAU Retreats 2024

## July

**10 - 13** YOGA RETREAT with Claudia Jochum-Breuß  
Wed Sat

**24 - 28** YOGA RETREAT with Kristin Rübesamen  
Wed Sun

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## August

**14 - 17** YOGA RETREAT with Claudia Jochum-Breuß  
Wed Sat

**21 - 25** MINDFULNESS RETREAT  
Wed Sun

**26 - 31** BODY SHAPING RETREAT  
Mon Sat

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## September

**18 - 21** YOGA RETREAT with Claudia Jochum-Breuß  
Wed Sat

**30 - 05/10** BODY SHAPING RETREAT  
Mon Sat

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## October

**30/09 - 05** BODY SHAPING RETREAT  
Mon Sat

**23 - 27** MINDFULNESS RETREAT  
Wed Sun

**30 - 02/11** YOGA RETREAT with Claudia Jochum-Breuß  
Wed Sat

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## November

**30/10 - 02** YOGA RETREAT with Claudia Jochum-Breuß  
Wed Sat

**07 - 10** YOGA HIIT RETREAT with Anna Posch  
Thu Sun

**27 - 30** YOGA RETREAT with Claudia Jochum-Breuß  
Wed Sat

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