

RETREAT JAHRESPLANER 2026

RETREAT - ANNUAL PLANNER 2026

| JANUAR<br>JANUARY |                                                                                       | FEBRUAR<br>FEBRUARY |                                                                                                  | MÄRZ<br>MARCH |                                                                                        | APRIL<br>APRIL |                                                                          | MAI<br>MAY |                                                                | JUNI<br>JUNE |                                                                   | JULI<br>JULY |                                                                     | AUGUST<br>AUGUST |                                                                         | SEPTEMBER<br>SEPTEMBER |                                                                       | OKTOBER<br>OCTOBER |                                                                        | NOVEMBER<br>NOVEMBER |                                                          | DEZEMBER<br>DECEMBER |    |
|-------------------|---------------------------------------------------------------------------------------|---------------------|--------------------------------------------------------------------------------------------------|---------------|----------------------------------------------------------------------------------------|----------------|--------------------------------------------------------------------------|------------|----------------------------------------------------------------|--------------|-------------------------------------------------------------------|--------------|---------------------------------------------------------------------|------------------|-------------------------------------------------------------------------|------------------------|-----------------------------------------------------------------------|--------------------|------------------------------------------------------------------------|----------------------|----------------------------------------------------------|----------------------|----|
| 1                 | Do                                                                                    | 1                   | Yoga Retreat mit Anna P.                                                                         | 1             | So                                                                                     | 1              | Mi                                                                       | 1          | Summer Body Retreat mit Nini Unützer                           | 1            | Mo                                                                | 1            | Mi                                                                  | 1                | Sa                                                                      | 1                      | Di                                                                    | 1                  | Do                                                                     | 1                    | Yoga Retreat mit Claudia                                 | 1                    | Di |
| 2                 | Fr                                                                                    | 2                   | Mo                                                                                               | 2             | Mo                                                                                     | 2              | Do                                                                       | 2          |                                                                | 2            | Di                                                                | 2            | Do                                                                  | 2                | So                                                                      | 2                      | Mi                                                                    | 2                  | Fr                                                                     | 2                    | Mo                                                       | 2                    | Mi |
| 3                 | Sa                                                                                    | 3                   | Di                                                                                               | 3             | Di                                                                                     | 3              | Fr                                                                       | 3          |                                                                | 3            |                                                                   | 3            | Fr                                                                  | 3                | Mo                                                                      | 3                      | Do                                                                    | 3                  | Sa                                                                     | 3                    | Di                                                       | 3                    | Do |
| 4                 | Yoga Neujahrsretreat mit Claudia Jochum-Breuß<br>[www.hotelpostbezau.com]             | 4                   | Mi                                                                                               | 4             | Mi                                                                                     | 4              | Sa                                                                       | 4          | Yoga Retreat mit Ekaterina Levit<br>[www.www.yogaleveka.de]    | 4            | Yoga Retreat mit Kristin Rübesamen<br>[www.hotelpostbezau.com]    | 4            | Sa                                                                  | 4                | Di                                                                      | 4                      | Fr                                                                    | 4                  | So                                                                     | 4                    | Mi                                                       | 4                    | Fr |
| 5                 |                                                                                       | 5                   | Tanzretreat mit Rena Brandenberger<br>[www.renabrandenberger.ch]                                 | 5             | Yoga Retreat mit Eva Kohlert 6. - 8.3.2026<br>[www.evakohlertyoga.com]                 | 5              | So                                                                       | 5          |                                                                | 5            |                                                                   | 5            | So                                                                  | 5                | Mi                                                                      | 5                      | Sa                                                                    | 5                  | Mo                                                                     | 5                    | Yoga Retreat mit Gisela<br>[www.yogabygisela.ch]         | 5                    | Sa |
| 6                 |                                                                                       | 6                   |                                                                                                  | 6             |                                                                                        | 6              | Mo                                                                       | 6          |                                                                | 6            |                                                                   | 6            | Mo                                                                  | 6                | Do                                                                      | 6                      | So                                                                    | 6                  | Di                                                                     | 6                    |                                                          | 6                    | So |
| 7                 |                                                                                       | 7                   |                                                                                                  | 7             | Sa                                                                                     | 7              | Di                                                                       | 7          |                                                                | 7            |                                                                   | 7            | Di                                                                  | 7                | Fr                                                                      | 7                      | Essentrics<br>[www.essentrics.com]                                    | 7                  | Mi                                                                     | 7                    |                                                          | 7                    | Mo |
| 8                 | Do                                                                                    | 8                   |                                                                                                  | 8             | So                                                                                     | 8              | Mi                                                                       | 8          |                                                                | 8            | Mo                                                                | 8            | Mi                                                                  | 8                | Sa                                                                      | 8                      |                                                                       | 8                  | Do                                                                     | 8                    |                                                          | 8                    | Di |
| 9                 | Fr                                                                                    | 9                   | Mo                                                                                               | 9             |                                                                                        | 9              | Yoga Retreat mit Anna Posch<br>[www.hotelpostbezau.com]                  | 9          |                                                                | 9            | Di                                                                | 9            | Yoga Retreat mit Tina Broß 9.-12.7.<br>[www.hautklar-reutlingen.de] | 9                | So                                                                      | 9                      |                                                                       | 9                  | Yoga Retreat mit Heike Lelle 9.-11.10.<br>[www.hautklar-reutlingen.de] | 9                    | Mo                                                       | 9                    | Mi |
| 10                | Sa                                                                                    | 10                  | Di                                                                                               | 10            | Body Shaping Retreat mit Sicco Schwenzfeger 9. - 13.3.2026<br>[www.hotelpostbezau.com] | 10             |                                                                          | 10         | Mo                                                             | 10           | Mi                                                                | 10           |                                                                     | 10               |                                                                         | 10                     | Yoga Retreat mit Anna Posch<br>[www.hotelpostbezau.com]               | 10                 | Di                                                                     | 10                   | Di                                                       | 10                   | Do |
| 11                | So                                                                                    | 11                  | Mi                                                                                               | 11            |                                                                                        | 11             |                                                                          | 11         | Di                                                             | 11           | Do                                                                | 11           |                                                                     | 11               |                                                                         | 11                     |                                                                       | 11                 | Mi                                                                     | 11                   | Mi                                                       | 11                   | Fr |
| 12                | Body Shaping Retreat mit Sicco Schwenzfeger<br>[www.hotelpostbezau.com]               | 12                  | Do                                                                                               | 12            | Yoga und Pilates Retreat mit Saholy Linden<br>[www.saholy.net]                         | 12             | Mo                                                                       | 12         | Mi                                                             | 12           | Fr                                                                | 12           |                                                                     | 12               | Body Shaping Retreat mit Sicco Schwenzfeger<br>[www.hotelpostbezau.com] | 12                     | Yoga Retreat mit Tina Broß 11.-14.10.<br>[www.heutklar-reutlingen.de] | 12                 | Yoga Retreat mit Raffaela Lombard<br>[www.anjali-yoga.ch]              | 12                   | Yoga Retreat mit Jeanett Heim<br>[www.jeanette-heim.com] | 12                   | Sa |
| 13                |                                                                                       | 13                  | Fr                                                                                               | 13            |                                                                                        | 13             | Di                                                                       | 13         | Do                                                             | 13           | Sa                                                                | 13           | Mo                                                                  | 13               |                                                                         | 13                     |                                                                       | 13                 |                                                                        | 13                   |                                                          | 13                   | So |
| 14                |                                                                                       | 14                  | Sa                                                                                               | 14            |                                                                                        | 14             | Mi                                                                       | 14         | Fr                                                             | 14           | So                                                                | 14           | Di                                                                  | 14               | Mo                                                                      | 14                     |                                                                       | 14                 |                                                                        | 14                   |                                                          | 14                   | Mo |
| 15                |                                                                                       | 15                  | So                                                                                               | 15            |                                                                                        | 15             |                                                                          | 15         |                                                                | 15           | Mo                                                                | 15           | Mi                                                                  | 15               | Di                                                                      | 15                     | Mi                                                                    | 15                 | Do                                                                     | 15                   | Di                                                       | 15                   | Di |
| 16                | A Fresh Start - Weekend Retreat mit Nathaly Nebeling<br>[www.lifebydesign.ch/retreat] | 16                  | Mo                                                                                               | 16            | Mo                                                                                     | 16             | The.whole.body.method Yoga & Pilates Retreat<br>[www.hotelpostbezau.com] | 16         | Sa                                                             | 16           | Di                                                                | 16           | Do                                                                  | 16               | So                                                                      | 16                     | Yoga Retreat mit Lia Ammann<br>[www.yogajlia.ch]                      | 16                 | Yoga Retreat mit Anna Posch<br>[www.hotelpostbezau.com]                | 16                   | Mo                                                       | 16                   | Mi |
| 17                |                                                                                       | 17                  | Di                                                                                               | 17            | Di                                                                                     | 17             |                                                                          | 17         | So                                                             | 17           | Yoga Retreat mit Claudia Jochum-Breuß<br>[www.hotelpostbezau.com] | 17           | Fr                                                                  | 17               | Mo                                                                      | 17                     |                                                                       | 17                 | Di                                                                     | 17                   | Di                                                       | 17                   | Do |
| 18                |                                                                                       | 18                  | Mi                                                                                               | 18            | Mi                                                                                     | 18             |                                                                          | 18         | Body Shaping Retreat 18.-23.5.2026<br>[www.hotelpostbezau.com] | 18           |                                                                   | 18           | Sa                                                                  | 18               | Di                                                                      | 18                     |                                                                       | 18                 | Mi                                                                     | 18                   | Mi                                                       | 18                   | Fr |
| 19                | Mo                                                                                    | 19                  | Do                                                                                               | 19            | Do                                                                                     | 19             | Mo                                                                       | 19         |                                                                | 19           |                                                                   | 19           | So                                                                  | 19               | Fr                                                                      | 19                     | Mo                                                                    | 19                 | Do                                                                     | 19                   | Yoga Retreat mit Dina - Malayoga<br>[www.malayoga.ch]    | 19                   | Sa |
| 20                | Di                                                                                    | 20                  | Fr                                                                                               | 20            | Fr                                                                                     | 20             | Di                                                                       | 20         | Tanzretreat mit Rena Brandenberger<br>[www.hotelpostbezau.com] | 20           | Tanzretreat mit Rena Brandenberger<br>[www.hotelpostbezau.com]    | 20           | Mo                                                                  | 20               | So                                                                      | 20                     | Di                                                                    | 20                 | Mi                                                                     | 20                   |                                                          | 20                   | So |
| 21                | Detox Yoga mit Debby Reuther<br>[www.hotelpostbezau.com]                              | 21                  | Sa                                                                                               | 21            | Sa                                                                                     | 21             | Mi                                                                       | 21         |                                                                | 21           |                                                                   | 21           | Di                                                                  | 21               | Mo                                                                      | 21                     | Fr                                                                    | 21                 | Do                                                                     | 21                   | Mo                                                       | 21                   | Mo |
| 22                |                                                                                       | 22                  | So                                                                                               | 22            | So                                                                                     | 22             | Do                                                                       | 22         | Yoga Retreat Caflow<br>[www.caflow.com]                        | 22           | Mo                                                                | 22           | Mi                                                                  | 22               | Di                                                                      | 22                     | Sa                                                                    | 22                 | Do                                                                     | 22                   | Di                                                       | 22                   | Di |
| 23                |                                                                                       | 23                  | Career & Clarity Retreat – Female Edition - mit Nina Alice Bauregger<br>[www.hotelpostbezau.com] | 23            | Mo                                                                                     | 23             | Di                                                                       | 23         |                                                                | 23           | Do                                                                | 23           | Do                                                                  | 23               | So                                                                      | 23                     | Mi                                                                    | 23                 | Fr                                                                     | 23                   | Mo                                                       | 23                   | Mi |
| 24                |                                                                                       | 24                  |                                                                                                  | 24            | Di                                                                                     | 24             | Mo                                                                       | 24         |                                                                | 24           | Mi                                                                | 24           | Fr                                                                  | 24               | Mo                                                                      | 24                     | Do                                                                    | 24                 | Sa                                                                     | 24                   | Di                                                       | 24                   | Do |
| 25                |                                                                                       | 25                  |                                                                                                  | 25            | Mi                                                                                     | 25             | Di                                                                       | 25         | Mo                                                             | 25           | Do                                                                | 25           | Sa                                                                  | 25               | Di                                                                      | 25                     | Fr                                                                    | 25                 | So                                                                     | 25                   | Mi                                                       | 25                   | Fr |
| 26                | Mo                                                                                    | 26                  | Do                                                                                               | 26            | Do                                                                                     | 26             | Mo                                                                       | 26         | Di                                                             | 26           | Fr                                                                | 26           | So                                                                  | 26               | Mo                                                                      | 26                     | Sa                                                                    | 26                 | Mo                                                                     | 26                   | Do                                                       | 26                   | Sa |
| 27                | Di                                                                                    | 27                  |                                                                                                  | 27            |                                                                                        | 27             | Di                                                                       | 27         | Mi                                                             | 27           | Sa                                                                | 27           | Mo                                                                  | 27               | Di                                                                      | 27                     | So                                                                    | 27                 | Di                                                                     | 27                   | Yoga Retreat Caflow<br>[www.caflow.com]                  | 27                   | So |
| 28                | Mi                                                                                    | 28                  | Yoga Retreat mit Gisela<br>[www.yogabygisela.ch]                                                 | 28            | Yoga Retreat mit Dina - Malayoga<br>[www.malayoga.ch]                                  | 28             | Di                                                                       | 28         | Yoga Retreat mit Ann-Fee<br>[www.annfeeyoga.com]               | 28           | So                                                                | 28           | Di                                                                  | 28               | Fr                                                                      | 28                     | Mo                                                                    | 28                 | Mi                                                                     | 28                   |                                                          | 28                   | Mo |
| 29                | Yoga Retreat mit Anna Posch<br>[www.hotelpostbezau.com]                               | 29                  |                                                                                                  | 29            |                                                                                        | 29             | Mi                                                                       | 29         |                                                                | 29           | Mo                                                                | 29           | Mi                                                                  | 29               | Sa                                                                      | 29                     | Di                                                                    | 29                 | Do                                                                     | 29                   |                                                          | 29                   | Di |
| 30                |                                                                                       | 30                  |                                                                                                  | 30            |                                                                                        | 30             | Summer Body Retreat                                                      | 30         |                                                                | 30           | Di                                                                | 30           | Do                                                                  | 30               | So                                                                      | 30                     | Mi                                                                    | 30                 | Mi                                                                     | 30                   | Mo                                                       | 30                   | Mi |
| 31                |                                                                                       | 31                  |                                                                                                  | 31            | Mo                                                                                     | 31             |                                                                          | 31         |                                                                | 31           |                                                                   | 31           | Fr                                                                  | 31               | Mo                                                                      | 31                     | Yoga Retreat mit Claudia Jochum-Breuß<br>[www.hotelpostbezau.com]     | 31                 | Do                                                                     | 31                   | Mo                                                       | 31                   | Do |
|                   |                                                                                       |                     |                                                                                                  |               | Di                                                                                     |                |                                                                          |            |                                                                |              |                                                                   |              |                                                                     |                  |                                                                         |                        |                                                                       |                    |                                                                        |                      |                                                          |                      |    |
|                   |                                                                                       |                     |                                                                                                  |               |                                                                                        |                |                                                                          |            |                                                                |              |                                                                   |              |                                                                     |                  |                                                                         |                        |                                                                       |                    |                                                                        |                      |                                                          |                      |    |