



Transformational Breathwork & Yoga Retreat

Bad Dürrenberg, Austria

2021 Schedule

March 10th - 14th

June 2nd - 6th

September 1st - 5th



This offering is an opportunity to expand your consciousness and cultivate deeper happiness, one breath at a time.

The process Cari & Aleks will lead you on is meant for all levels. If you are brand new to yoga, just starting your journey, or a long time practitioner, this path will lead you into a deeper awareness of your human brilliance.

We are so happy your journey to healing has led you here.

realize your true being



FEEL AT HOME IN YOUR BODY



BE SURROUNDED BY PEOPLE THAT UNDERSTAND YOU



NOURISH YOURSELF WITH LOCAL, BIO FOODS



BE HELD IN YOUR HEALING PROCESS



LEAVE FEELING CAPABLE, CONFIDENT, + POWERFUL



EXPERIENCE THE AWE + ABUNDANCE OF NATURE



WHAT'S INCLUDED

Heal together through yoga, breathwork, + spiritual growth. Join Cari & Aleks for a transformational getaway like no other. A space to feel held, supported, heard, seen, & fully understood. A space for you to express yourself fully. A space to realize your true being.

- 4 days, 4 nights in modern & natural lodging
- Daily yoga, breathwork, & meditation practices
- Yoga Life Awakening core teaching lectures
- 3 daily local, organic meals
- Full spa access (natural swimming pool + sauna)
- Group healing & community building exercise
- Designated time for yourself to be in nature (to relax, journal, hike, & explore your surroundings).

get to know your training leads



CARI MERRIAM

ALEKS KOPOSOVA

Cari is a transformational thought leader on a mission to empower, inspire, & accelerate spiritual growth. She is a international speaker, yoga & meditation teacher, breathwork healer, & spiritual coach w/ over 10 yrs & 10,000+ hours of facilitation & training in the spiritual & yoga space. Cari shares her teachings of empowerment, self awareness, & health & wellness on stages & festivals around the world. In her online & in person events, Cari offers a practical application of ancient wisdom by integrating transformative techniques of embodied fitness, yoga, tantra, & profound breath work traditions into transcendental experiences of personal power. She also is currently the Berlin Lululemon Yoga Ambassador. Today, Cari uses her leadership, coaching, & growth skills along with her extensive background in fitness & spiritual practices to guide her students through profound healing; awakening them to their highest potential.

Aleks went to learn yoga at the very roots of India, completing the teachers course at Ashtanga Yoga school in Goa. After teaching in multiple places in Berlin and across Europe, Aleks built a teaching style based on more free flowing, while preserving the singularity of every body movement. At the moment Aleks is an owner of Hotpod Yoga Berlin studio and an active member of Berlin yoga movement. Aleks lives by the conviction that no single BODY is the same at any given point in time, and that life is simply about fluently adjusting and molding ourselves. Completing the Yoga Life Mastermind with Cari herself Aleks is on the quest to hold space for your journey to the best version of yourself.



DAILY SCHEDULE EXAMPLE

Yoga Full Practice

Breakfast

Workshop

Embodiment Practice

Lunch

Afternoon Recharge

Breathwork

Dinner

Evening Recharge

Sharing Circle & Ceremony

THE VENUE

KRANZBICHL HOF

Kranzbichl Hof is a unique place – a modern, naturally designed boutique hotel surrounded by the Austrian Alps. Here, one can relax and be invigorated, away from the hustle and bustle of daily life.

This is a place to breathe and absorb the tranquility of Austria; here the combination of nature, peace, and silence encourages being in touch with one's soul and inner self.

Within your free time enjoy hiking outside your doorstep, relaxing in the sauna, or taking a dip in their nature pool.

To get to the venue you could fly, drive, or take the train. There are trains directly from Berlin to Salzburg. Once you arrive in Salzburg you could take a bus that would bring you right to the hotel or coordinate a shuttle or taxi with other retreat guest. There will also be people driving. We will connect you with everyone attending the retreat if you wish to carpool.

We highly recommend staying an extra day or arriving a day earlier to experience Hallstatt or Königssee which is only a quick car ride from the hotel.



YOGA LIFE RETREAT RATES

HEAL TOGETHER THROUGH YOGA, BREATHWORK, + SPIRITUAL GROWTH

EARLY BIRD RATE

€549

REGULAR RATE

€649

ALUMNI

€449

ROOM DESCRIPTION AND INVENTORY

Lodging cost is extra and you will book directly through the hotel. Limited spaces available per room. All lodging cost include dinner on arrival night; breakfast, lunch, and dinner on training days; breakfast on the final day. Cost also include your access to all the yoga spaces, yoga prop rentals (mats, blocks, etc), a spa robe and slippers to use during your stay & full spa access to the sauna facilities.

Single Room w/ Single Bed €411,20

Double Room w/ Double Bed (shared between two people): €369,20

Double Room w/ Double Bed (for one person): €467,20

*EARLY BIRD RATES APPLICABLE FOR FIRST 5 SIGN-UPS.

*ALL PRICES ARE PER PERSON.

*VAT IS ALREADY INCLUDED IN THE RETREAT PRICES

*ALUMNI RATES FOR PAST RETREAT OR MASTERMIND STUDENTS ONLY

TERMS + CONDITIONS

BY RESERVING YOUR SPACE WITH YOUR BANK TRANSFER, YOU ARE AGREEING TO THE STATED POLICIES IN OUR AGREEMENT.

STRICT CANCELLATION POLICY

If you wish to cancel your training, please note we do not refund your payment made towards the training. If you find someone to take your place, you will be responsible for handling financial arrangements with the new guest (similar to selling event tickets to a friend that will take your place). Please reach out to us for further details. Exceptions to our cancellation policy will only be made due to COVID. If the retreat is unable to happen you can request a refund or choose another date within the same year if possible. There is no refund for arriving late or leaving a trip early.



RETREAT PRICING

All prices are per person. Prices include retreat training costs only and VAT in Germany; prices do not include travel to and from the training or trip insurance. Cari Merriam believes in fair pricing for all training attendees. Your lodging, food, and any additional cost will be directly processed through Kranzbichl Hof hotel.



DEPOSIT & PAYMENT TERMS (PER PERSON)

Reserve your spot by emailing Cari@CariMerriam.com with your full name and address for invoicing.

Once your bank transfer is approved we will connect you with the hotel to reserve your room.

These terms and conditions are governed by the laws of Germany.





CONTACT

TAKE ACTION, JOIN US, + TRANSFORM YOUR LIFE

If you would like to reserve your spot, please email Cari with your full name and address for invoicing. Alternatively, please get in touch via email with any booking inquiries or further questions about the retreat.

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www.carimerriam.com



YOGA LIFE RETREAT