

ADVANCE PROGRAM/COURSE: "Digital Detox in Nature"

Short description/content	<p>Welcome to an exciting Digital Detox weekend in nature! Together, we'll embark on a journey of rest, mindfulness, and relaxation as we leave the digital world behind and immerse ourselves in the natural beauty of our surroundings.</p> <p>Day 1: Arrival and disconnection After arriving at our idyllic place surrounded by nature, we take time to turn off our digital devices. No emails, no notifications – only the pure sound of nature awaits us. We start by building our camp together. At the campfire and end the day with inspiring stories and conversations.</p> <p>Day 2: Nature experiences and mindfulness The day starts with an invigorating morning meditation in the great outdoors. Then we go on a guided hike where mindfulness exercises are on the program. In a quiet area, we sit down, concentrate on our breathing and consciously perceive the surroundings. These meditation sessions help to calm the mind and stay in the moment.</p> <p>Before we dismantle our camp, we gather again, share our experiences and review our shared experiences. We take the time for a final reflection. How did the days without digital distractions feel? What insights and impressions do we take home with us? We close the weekend with a promise to be more conscious of technology and a sense of renewal.</p> <p>Together we experienced a digital detox weekend that not only recharged the batteries, but also created a deep connection to nature and each other. We hope you return home stronger, inspired, and refreshed!</p>
Meeting place	10.00 Oberstdorf train station
Expiration	Saturday arrival in Oberstdorf and subsequent hike to our campsite. Sonntag Short hike, mindfulness exercises, reflection Return to Oberstdorf approx. 4.00 p.m.
Requirements	
Material list	Sleeping bag, sleeping mat, tent, headlamp, food and drink for 2 days, good outdoor clothing and shoes
Rental	
Included services	Course
Price	175,00 Euro/Person