

  
**SW+SS**  
TAILOR MADE  
EST. 2021



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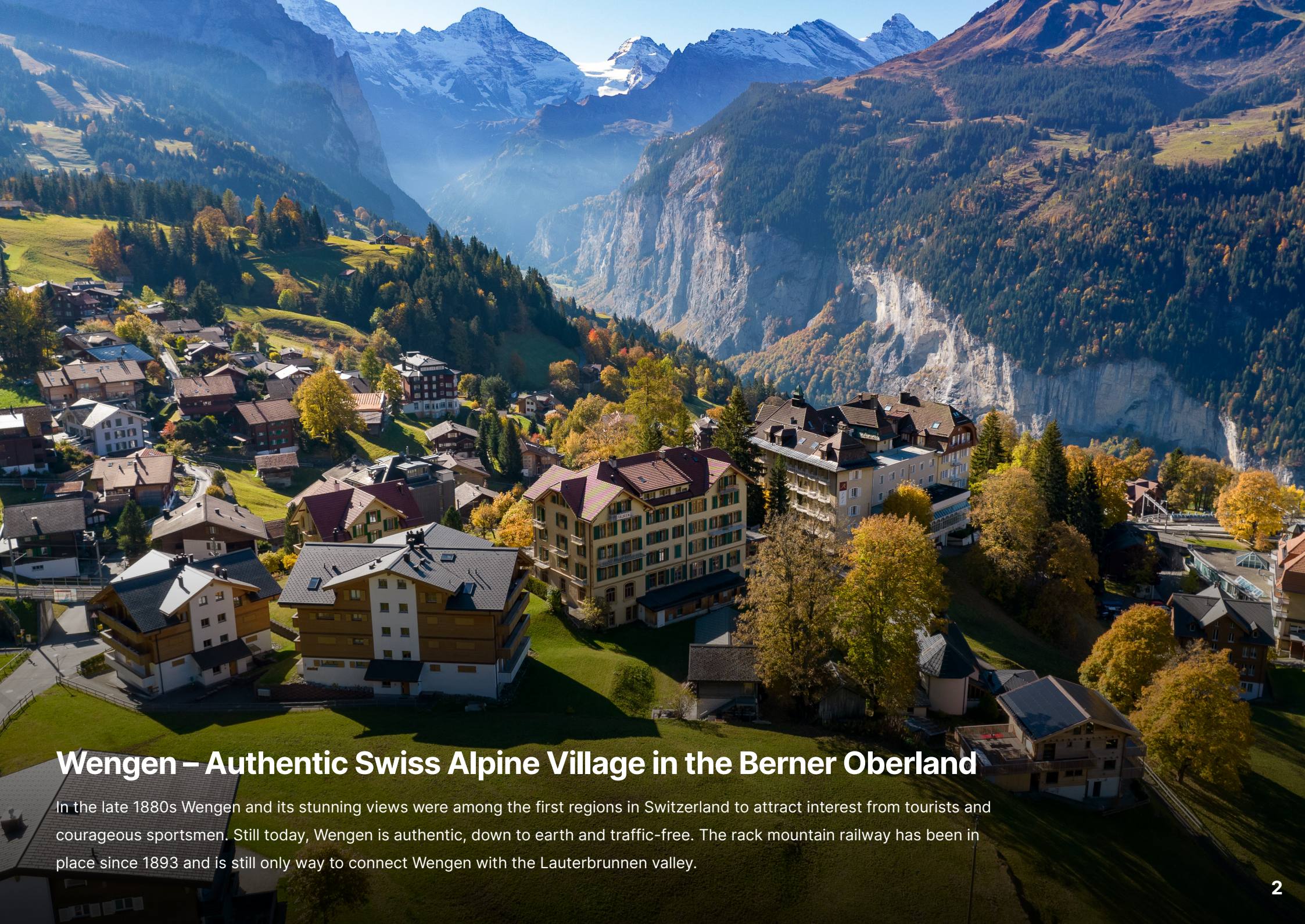
**Mindfulness retreat at the historical hotel Falken  
nestled in in the heart of the Swiss alps.**

“The past is already gone, the future is not yet here. There’s  
only one moment for you to live.”



**HOTEL FALKEN**

WENGEN • Est. 1895



## Wengen – Authentic Swiss Alpine Village in the Berner Oberland

In the late 1880s Wengen and its stunning views were among the first regions in Switzerland to attract interest from tourists and courageous sportsmen. Still today, Wengen is authentic, down to earth and traffic-free. The rack mountain railway has been in place since 1893 and is still only way to connect Wengen with the Lauterbrunnen valley.



## Hotel Falken – a hidden gem which dates back more than 125 years

The hotel has been in the same family since the beginning and is now run by the Cova ladies, Sina and her two daughters, Jenny and Vanessa, when walking into the Falken you will feel like you will walk back in time.

Sina used to be a national ski racer, a fashion designer and is now a loving mother to four children, runs the Hotel, a restaurant and bar in town with her daughters. Jenny and Vanessa. They are the new generation of the Falken and have brought many new ideas to life, one being this retreat. They both have a passion for nature, self-growth and want to share this with as many people as possible as they believe we all need healing especially after these hard times, and what better place to do this than here in Wengen.

## Rooms

The Hotel Falken has forty-four bedrooms with either a bath or shower. Each room is furnished in a traditional alpine, rural and historical style. Most rooms have a balcony, and all rooms have a stunning view of either the village or the surrounding mountains. The restaurant will make you feel as if you're dining in the last century, with the beautiful historical wooden floors, the warm atmosphere, and the chandeliers that have lit many a dinner.



# Mindfulness – a way of life

Mindfulness is being completely aware of the present moment. When we are mindful, we are truly alive and present to everything we do and everyone we are with.

After a time of so much uncertainty, many of us have awakened to a different reality and embarked on a journey of self-discovery. With so much happening in the world, it is crucial to find refuge in ourselves, and to come back to the basics to reconnect with our mind, body and spirit.

The Falken Retreat will help you reconnect with yourself, nature, and help you embark on living a more mindful and meaningful life. During this week you will not only find connection with yourself but with other like-minded people, be guided by inspiring humans, and leave with a new energy that you can integrate into your everyday life, helping you create sustainable and realistic rituals and routines.

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## Proven benefits of mindfulness

- You become more self-aware
- You don't let outer circumstances control you
- Deepen focus and attention
- It reduces stress and you stay calm in the most turbulent circumstances
- Reduces brain chatter
- Gives you a new perspective

## Quote

“The future is made up of only one substance and that is the present moment. Therefore, the best way to take care of the future is to take care of the present moment.”

- Thich Nhat Hanh

# Itinerary

## Mindfulness retreat May 8th to 15th 2022

The Falken Retreat will be held on May 8th - 15th 2022. It will include a combination of self-growth work, meditation practices, learning about overall health practices, speakers with inspiring stories, yoga, reconnecting with nature, networking with like minded people and much more. The proposed schedule, fully flexible around the weather, is as follows:

### Sunday: Arrival

- Arrive by 5pm
- 5pm : Welcome & Connection Time
- 6:30pm : Welcome Dinner

### Monday through Saturday:

- 6am - 8am : Morning Practice
- 8am - 9am : Nourishing Breakfast
- 9am - 12pm : Workshops / Speakers
- 12pm : Nourishing Lunch
- 2pm - 5pm : Movement & Free Time
- 5pm- 6:30pm : Evening Practice
- 6:30pm : Nourishing Dinner
- 9pm : Bedtime / Free time

### Sunday Departure day

- 6am - 12pm : Usual morning schedule including lunch
- 2pm : Departure and continue with 30 Day Mindfulness challenge

### What is included?

- Nourishing Lunch, & Dinner (Vegetarian & Vegan options)
- Light Breakfast with hot drinks & fresh juices
- Mountain water, teas, coffee & Fresh fruit available all day
- Daily guided meditations
- Daily guided Yoga sessions
- Connection circles
- Workshops & Self growth activities
- Hikes and outdoor activities
- One BBQ in nature
- Yoga Mats, Meditation pillows & Blankets
- Welcome bag & Goodbye bag

### Rates

- Early-bird bookings: Chf 2'100 per person for bookings received by 16th February.
- Chf 2'500 per person for bookings received from 17th February onwards.

The schedule however will allow for down time where guests can also choose the optional activities, which include; massage, hikes, sangha circles, one-on-one ayurvedic coaching sessions, angel reading sessions, yoga and more. For booking please contact Jenny or Vanessa directly at the Hotel Falken +41 33 856 5121 / [info@hotelfalken.com](mailto:info@hotelfalken.com) / [www.hotelfalken.com](http://www.hotelfalken.com)





In addition to Mindfulness Retreats, we offer a comprehensive range of tailored travel solutions and services to suit your needs. Please contact us for further information.

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