

30. March – 11. April 2023

# DETOX & FLOW

An immersive Retreat for Body & Mind  
@SEVERINS ALPINE RETREAT, Lech



With Corporate Mindfulness Trainer Vily Bergen & Flow Trainers from the Vertical X Collective



# DETOX & FLOW

**Re-align with your inner self, overcome blocks and recharge the batteries with Mindfulness- and Flow-Techniques used by Olympians and Silicon Valley Executives.**

***A 4 DAY Detox & Flow package, available;***

**30. March – 11. April 2023**

Guided by Vily Bergen & the team of the *Vertical Development Collective*, you will immerse yourself in Mindfulness and Flow-sessions, forest bathing, expert talks, body- and breathwork, an ice-bath experience, and more - all framed by detoxifying culinary delights.

***4 nights, € 1.425 per person***

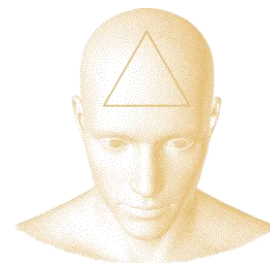
*(double occupancy, half-board, minim. participants 8)*

**@SEVERIN'S – THE ALPINE RETREAT**

[info@severins-lech.at](mailto:info@severins-lech.at)

0043 5583 339070

6764 Lech, Austria



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## Detox & Flow 4 Day Immersive Retreat

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THIS IS FOR YOU IF...

... you want to detach yourself from the fast-paced world or your life back home to reset your body&mind.

... you want to restore your inner compass and realign with your leader within through evidence-based Flow-techniques.

... you know that you cannot change people or the world around you, but you can transform yourself and thus inspire others to do the same.

... you want to treat yourself in one of the Alps most exclusive Chalet Hotels and enjoy the company of like-minded body&mind enthusiasts.

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Detox & Flow  
4 Day Immersive Retreat

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OFFER

WHAT WE DO

We help you to detox and re-align with the leader within through science based mindfulness & flow training.



1.

**Detox for  
Body & Mind**

Guided Mindfulness sessions and a selection of cleansing culinary delights help you to detox on all levels.

2.

**Leveraging the Mindset of the  
Performance Elite.**

Gain insight into the secret flow-techniques behind Olympic champions and the Silicon Valley Elite.



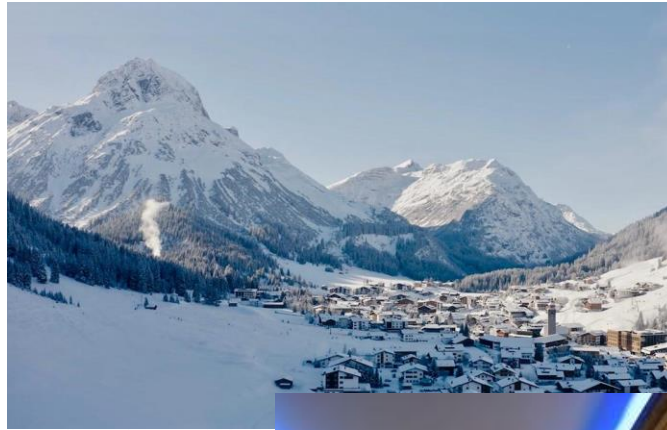
3.

**Tangible and measurable  
Experiences**

Access higher levels of consciousness to solve complex problems.



## Detox & Flow 4 Day Immersive Retreat



### 4 DAY Immersive Package

from **€ 1.425** incl. half board, expert training,  
(double occupancy, minim. participants 8)

**RESERVATIONS:** [info@severins-lech.at](mailto:info@severins-lech.at)

#### PROGRAM:

- 1 Day : 17.00 - 21.00 Arrival, Dinner, Grounding  
2 Day: 8 - 9 Bodywork / yoga and breath  
10.30 - 12.30 Flow Training, Expert Talk  
15.30 - 17.30 Forest Bathing  
19.30 Dinner / with Movienight  
3. Day: 8 - 9 Bodywork / yoga and breath  
10.30 - 12.30 Mindfulness, Tools, Sessions  
15.30 - 19.30 Breathwork, Ice-Bath  
19.30 Dinner  
4 Day: 8 - 9 Bodywork/ yoga and breath  
9 - 12.30 Goal-Setting, Good-Bye

Upon request, individual massage sessions can be arranged.

The retreat is sponsored by  
life-style brand **ORTIGIA**  
SICILIA



price incl. 20% Vat -- minim participants 8

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## Detox & Flow 4 Day Immersive Retreat

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### ABOUT Vily Bergen



#### VILY BERGEN

[www.vilybergen.com](http://www.vilybergen.com)

[www.mylittlemeditation.com](http://www.mylittlemeditation.com)

After studying at the University of Economics, Vienna, Vily has moved to New York City, where she has worked as an accomplished writer of fiction and non-fiction books and on numerous projects in Los Angeles' entertainment industry. Her life-long fascination with the blending of ancient mysticism and the findings of modern science has been reflected in her body of work throughout her career.

Vily was trained as a meditation teacher in 2005. In 2013, after launching her illustrated meditation series and book, *My Little Meditation*, Vily has moved back to Austria and works with like-minded visionaries on innovative ideas to bring topics like mindset and holistic health closer to our media-savvy kids.

Today, she lives with her family, organizes select retreats with her partner Collective, Vertical-Development.

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## Flow & Resilience 1 Day Intensive Workshop

About the  
Vertical Development Collective



Raphael Braun & Johannes Mahler  
 [www.vertical-development.de](http://www.vertical-development.de)

The team of the Vertical Development Collective comprises of highly experienced executive coaches and high-performance athletes all certified & **trained by Jamie Wheal and Steven Kotler from the Flow Genome Project**, the world's leading voices in Flow and Peak Performance science.

Johannes and Raphael are part of a European collective of professional leadership experts and changemakers striving to combine ancient wisdom with modern science.

Aiming to open higher states of consciousness to individuals helping them to see more, feel better and redefine their own game – that's their mission.