

# CONNECT & RESET

## TEAM EVENT PROGRAM

### → Day 1

2:00  
PM

Welcome and introduction with Stefanie von Siebenthal  
Different breathing techniques, benefits and  
implementation in your everyday life

3:00  
PM

Hotel-Check-in & Break

4:00  
PM

Conscious Connected Breathwork Session

6:00  
PM

Break

7:00  
PM

3 course dinner menu at Seepark Thun  
(excluding beverages)

### → Day 2

8:00  
AM

Breakfast

9:00  
AM

Intro to ice bathing and Wim Hof breathing  
Swimming in Lake Thun

10:00  
AM

Conclusion and farewell

12:00  
PM

Hotel-Check-out



Event Host  
*Steff*



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## What is Conscious Connected Breathwork?

Conscious Connected Breathwork brings your body and mind into a trance state, where blocked emotions are released, and your system is renewed.

Whether it's a greater clarity, lightness, self-discovery, or deep relaxation – each session is unique and transformative.

Conscious Connected Breathing is an active meditation that can facilitate:

- emotional liberation and relaxation
- transformative inner healing and self-exploration
- deep insights and clarity

Your nervous system will be able to break free from emotional stress cycles and return to homeostasis. Through this self-regulation process, both conscious and subconscious blockages can be released. Additionally, it stimulates your neuroplasticity, sharpens your senses, and boosts your entire system.

This is a fully supported live experience set to specially curated music that takes you on a powerful journey into deep states of consciousness. Through sound, breath, and movement, you will experience your mental and physical intelligence in a completely new way.

The session is suitable for beginners and experienced breathers alike.

