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Tux

Elevate & Thrive: An Alpine Retreat for Energy, Focus, and Wellbeing

Dates: Thursday to Sunday, June 5–8, 2025

Location: ELSA Spa Apartments Tux, Lanersbach 364, Tyrol, Austria

Discover How to Wake Up Refreshed, Stay Focused All Day, and Build Long-Term Physical and Emotional Health

Preliminary Agenda

(The final agenda will be tailored to participants' needs via a pre-retreat survey.)

Thursday – The Big Picture

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|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 16:00 – 19:00 | Check-in |
| | Spa Time / Personal Leisure |
| 19:30 – 20:30 | Introduction & Dinner |
| | <ul style="list-style-type: none">• Meet the guides, organizers and fellow participants• Overview of the retreat• Session I: Creativity & Innovation in our Lives |

Friday – Understanding Our Bodies & Minds

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|---------------|---------------------------------------------------------|
| 07:00 - 07:30 | Morning Group Run/Walk |
| 07:30 - 08:00 | Hygiene |
| 08:00 - 09:00 | Breakfast |
| 09:00 - 12:00 | Presentation & Practical Exercises |
| 09:00 - 09:50 | Session 1: Breath Better, Live Better |
| 09:50 - 10:05 | Break |
| 10:05 - 10:55 | Session 2: What to Eat for a Clear Mind and a Long Life |
| 10:55 - 11:10 | Break |
| 11:10 - 12:00 | Session 3: Move Better, Stay Stronger, Live Longer |
| 12:00 - 13:00 | Lunch |
| 13:00 - 15:30 | Afternoon Hiking with Guided Breathing Exercise |
| 15:30 - 16:00 | Refreshment time |
| 16:00 - 17:15 | Session A: Formula of Happiness |
| 17:15 - 19:00 | Spa Time / Personal Leisure |
| 19:00 | Dinner |
| 20:00 | Local Culinary Tasting Experience |



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Saturday – Elements of Wellbeing - Our Individual Journeys

07:00 - 07:30	Morning Group Run/Walk
07:30 - 08:00	Hygiene
08:00 - 09:00	Breakfast
09:00 - 12:00	Presentation & Practical Exercises
09:00 - 09:50	Session 4: Rest to Rise: How to Sleep Better and Recover Faster
09:50 - 10:05	Break
10:05 - 10:55	Session 5: Change Your Mindset, Change Your Health
10:55 - 11:10	Break
11:10 - 12:00	Session 6: Motivation That Lasts, Habits That Stick
12:00 - 13:00	Lunch
13:00 - 15:30	Afternoon Hiking with Guided Breathing Exercise
15:30 - 16:00	Refreshment time
16:00 - 17:15	Session B: Authentic Relationships
17:15 - 19:00	Spa Time / Personal Leisure
19:00	Dinner
20:00	Group Discussion & Networking / Personal Leisure

Sunday – Progress Over Perfection

07:00 - 07:30	Morning Group Run/Walk
07:30 - 08:00	Hygiene
08:00 - 09:00	Breakfast (Check-out by 10:00)
09:00 - 10:15	Session C: Elevated Business & Productivity
10:15 - 10:30	Break
10:30 - 11:30	Conclusions & Individual Planning
	Session II.: Execution and Commitment
	Reflect on key learnings
	Outline your personal roadmap

Individual Departures



Meet Your Guides:

- **Jan Vinkler** - Lead Guide, Biologist specializing in neurophysiology, health, performance optimization, and longevity; Oxygen Advantage® trainer.
- **Miroslav Hazer** - Strategy & innovation consultant and business coach from At Intersections LAB at ELSA.
- **Radek Koch** - Mental fitness & Life philosophy mentor, Vedanta Alumni

Overview of Sessions Led by Jan Vinkler:

Session 1: Breath Better, Live Better

Learn how to breath to calm your mind, boost energy and performance, and improve focus — using simple techniques you can apply anytime, anywhere.

Session 2: What to Eat for a Clear Mind and a Long Life

Discover how food affects your brain, mood, body composition and aging. Simple nutrition strategies that work in real life — not just on paper.

Session 3: Move Better, Stay Stronger, Live Longer

Understand why muscle matters and how small, consistent movement supports strength, mobility, and healthy aging.

Session 4: Rest to Rise: How to Sleep Better and Recover Faster

Learn what your body really needs to recharge. Better sleep, less stress, and more energy — starting tonight.

Session 5: Change Your Mindset, Change Your Health

Explore how your thoughts, beliefs, and self-image shape your choices. Includes journaling prompts and tools to shift patterns that hold you back.

Session 6: Motivation That Lasts, Habits That Stick

Find out what really keeps people consistent. Learn how to build habits that fit your life — and last.

Overview of Sessions Led by Miroslav Hazer:

Session I: Creativity and Innovation in our Lives

Discover how creativity and innovation are not talents but trainable mindsets—backed by science and real-life examples—unlocking growth, problem-solving, and joy in every area of life.

Session II: Execution and Commitment

Learn how to move from ideas to action with clarity and confidence—developing commitment as a daily practice and unlocking the power of small, consistent steps toward meaningful goals.

Overview of Sessions Led by Radek Koch:

Session A: Formula of Happiness

Discover how to cultivate lasting happiness and emotional balance from within. Gain mental clarity, make wiser decisions and set realistic expectations. Reshape your mindset to focus clearly on what truly matters. Learn practical ways to regulate your emotions, instantly improving your quality of life.



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Session B: Authentic Relationships

Develop essential skills for creating fulfilling and meaningful relationships. Learn to love without attachment, communicate with clarity and empathy, and establish healthy boundaries. Master practical techniques for resolving conflicts, managing anger and navigating through ego challenges. Strengthen your emotional intelligence and open the door to richer, more deeper connections.

Session C: Elevated Business & Productivity

Acquire practical strategies for confident decision-making, effective action, workplace stress management, and increased resilience. Learn how to stay productive and achieve genuine work-life balance, enabling professional excellence without sacrificing health or happiness. Discover the core principles to elevate your professional success while optimizing personal productivity.

Don't miss the chance to Elevate & Thrive in the Austrian Alps.

We look forward to welcoming you to an inspiring, rejuvenating, and fun-filled retreat.

