



BAVARIAN ROOT



# ROOT IGNITION DAY

399 EUR

Individual Day retreats in Beuerberg  
Just 40 minutes from Munich

✨ Discovery Call

🧘 Personalized Therapeutic  
Yoga Session

🧠 1:1 Coaching Session

🎨 Creative Expression

🌿 Nature or Deep Rest  
Restoration (weather  
dependent)

💬 Action plan

**Saturdays  
at 10:00 am**

Before you arrive, we begin with a 1:1 discovery call, so your day is crafted around exactly where you are—and where you want to go.

Deeply personalized, **one-day immersion designed entirely around you.**

Led by Sylwia - Transformation Catalyst, Psychologist, Coach, Yoga Teacher & Change Manager with 15+ years of experience.



Also offered in bundled packages  
Book now > [info@bavarianroot.com](mailto:info@bavarianroot.com)