

tiger & turtle



MIND AND BODY
WELLNESS



HOLISTIC
TRANSFORMATION

The Reconnect Retreat

June, 23rd – 26th 2022

The Reconnect Retreat

In our current time we are suffering from several disconnections:

Disconnect
to myself



Disconnect
to others

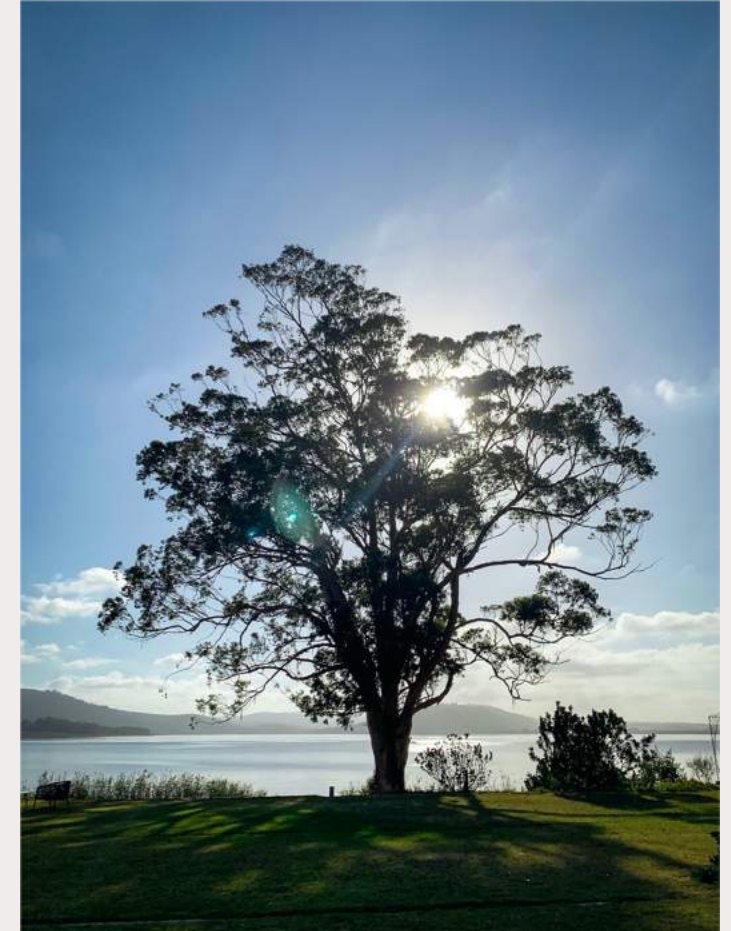


Disconnect
to the planet



It all starts with everyone of us. We feel disconnected from our true nature as we feel we need to fit in and adapt our self to be liked & loved by suppressing our real needs and qualities. This process takes up lots of energy and often feels very stressful to us. We find ourselves hyper-activated with our nervous systems being constantly in fight, flight or freeze mode. In this state our thinking isn't clear and we can't feel our body and strong emotions anymore.

The good news is, we can learn to regulate ourselves managing our emotional & physical state. Through breathwork, yoga, meditation and coaching we can find a place within us - where we can access states of calmness, peace and trust and emotions of love, joy and flow. This reconnection to our own being allows us to authentically reconnect with others and the world around us.



The Reconnect Retreat

Breathwork



- tap into altered states of consciousness & transformation
- experience deep meditation, peace & healing

Yoga



- come home to your body
- flow & rise with body & mind
- gain stability & strength

Coaching



- reflect on your life & find your inner resources, joy, love and peace
- find out how to create a more connected life

Meditation



- relax and find inner calmness & peace
- connect with your heart and soul

Journey of The Reconnect Retreat



Day 1: Relax

- Arrival in the afternoon
- Welcome Yoga & Intention setting
- Welcome Dinner at the Farmhouse and Opening ceremony

Day 2: Reconnect

- Morning Breathwork & yoga
- Breakfast at the Farmhouse
- Meditation “my true self”
- Guided self-reflection and MasterMind „My river of joy“
- Lunch at the Farmhouse
- Free afternoon at the beach
- Transformative Breathwork Session
- Dinner at the Farmhouse

Day 3: Reconnect

- Rise & Shine Yoga & Breathwork
- Breakfast at the Farmhouse
- Group coaching “What do I want and need?”
- Lunch at the Farmhouse
- Meditation and coaching exercise “obstacles and limiting beliefs”
- Free time to visit Domburg in the afternoon
- Dinner & evening gathering with breathwork & Music

Day 4: Energize

- Morning Breathwork & Yoga “My perfect day”
- Breakfast at the Farmhouse
- Vision exercise & prototyping “Living in my energy”
- Final ceremony
- Lunch at the Farmhouse & Departure

Pls note that small changes to the schedule might be possible (due to weather or group wishes)

Your benefits

- ◆ Take time for yourself to relax, reconnect and gain new energy
- ◆ Reduce stress and the feeling of being overwhelmed by everyday life
- ◆ Improve emotional and physical health
- ◆ Get inspiration how to have more energy for what you really want
- ◆ Increase your self-awareness
- ◆ Learn how to deal with obstacles and limiting beliefs
- ◆ Learn tools and methods to feel more energized, happy and joyful
- ◆ Connect with a group of like-minded people and build a new support network



Client love

This is what our clients say about us

„The workshop with Angela has opened so many doors simultaneously for me - in only two days. Doors to things that have always been there, but I myself didn't allow them to be there. Doors to perspectives on the world, which somehow change everything. And in the end doors to a way of life that feels heart enriching and whole.“

Pia Heinze, Scrum Master at Siptate

„It was an incredible deep experience. A journey to my inner self. I'm deeply impressed and I go home with a much better understanding of myself and what is important to me.“

Sandra Janetzki, Senior Vice President Global Henkell Freixenet

”I had the chance to experience a live breathwork class with Johanna at a retreat. It was mind blowing and such a wonderful session!! I loved the music and the sound of her voice allowed me to dive deep into this journey. After the breathwork we all felt really inspired. Thank you, Johanna for sharing your wisdom about breathwork.“

Sophia Bethge, Founder Salty Elephant

“The workshop has touched me very deeply. Angela has a special gift of helping me to connect with my inner self. Thank you for the wonderful learning and feeling experience. It has had a long-term effect on me and has moved a lot of things within me.“

Wilma Hartenfels, Digital Learning Expert

„The workshop was wonderful. I have a feeling that I got closer to my true core self. My personal hidden topics, which I didn't want to recognize for a long time were revealed. I got a clear view on my goals and though the conscious change of perspectives I could solve various limiting beliefs and attitudes of mine. A wonderful experience and such a valuable exchange! Like magic! I'm really much looking forward to the continuation.“

Inna Hauf, Managing Director Yellow Executive Search

“I love how the breathwork journeys of Tiger & Turtle give me so much calm and clarity. It became my 'weekly fix' during my hectic weeks as startup operator and investor.“

Anke Huiskes, Investor and entrepreneur

“I can say that not only I but also my family and friends were positively surprised how I was able to implement new behaviours where before there were only unproductive patterns of mine. Angela always finds the right balance between listening and giving an impulse as well as empathy and distance. She can take pain away without creating new one. You go there where it hurts because you trust her. She really has a very rare gift and I'm thankful to be able to take advantage of her.“

Peter Gorges, Founder UJam

“Johanna's Breathwork Program is just wonderful. She has skillfully and professionally taken an international group of attendees through a fantastic breathwork journey. Her energy, knowledge and her fantastic breathwork practices are something to highly recommend. I am so very grateful to know Johanna and cannot recommended Johanna's work enough.“

Liliana Ashton, Change and Transformation Consultant LA UK Consulting Ltd.

The Reconnect Retreat Hosts



Johanna Lehmann
Founder Tiger & Turtle

Johanna is the Founder of Tiger & Turtle, a digital platform coaching and inspiring followers with innovative breathing techniques. Drawn to wellness and mindfulness through her extensive travels around the world and time spent living outside her native Germany - from San Francisco to Singapore - she's trained extensively with Breath Master and world-record holder Wim Hof and Biohacker Kasper van der Meulen as well as the founder of SOMA breath Niraj Naik.

Now a 300 hr certified yoga teacher and author, she combines her breathwork training with her gift for storytelling and visualization to allow the power of breath to be experienced on a deeper level. A veteran of the corporate world, she offers private and group breathwork coaching journeys to entrepreneurs and executives alike.



Angela Zinser
Founder The People Network

Angela is the Founder of The People Network, an agile international network of coaches, trainers and consultants that support personal, team, leadership and organizational development. After her corporate career at Vodafone Group where she was responsible for leadership development worldwide, Angela founded The People Network in 2013 and now works as as a Transformation Coach, Leadership Expert and Team and Organizational Development Facilitator. She is also leading the open programs at The People Network like different Purpose Coach education programs, the TPN trainer education as well as an integral development program. Her purpose is to support people, teams and organizations in becoming more conscious to reconnect to their highest potential so they can contribute to a better future. She is doing this through coaching, meditation and consciousness practices as well as her presence, love and passion for transformation of people and organizations.

The location, date & times

Location:

Yogabee Farmhouse

Domburgseweg 48

4357 NH Domburg

<https://yogabee.nl/farmhouse/faciliteiten/#>

Date & times:

Start: June, 23rd 2022 at approx. 3 pm

End: June, 26th 2022 at approx. 2 pm

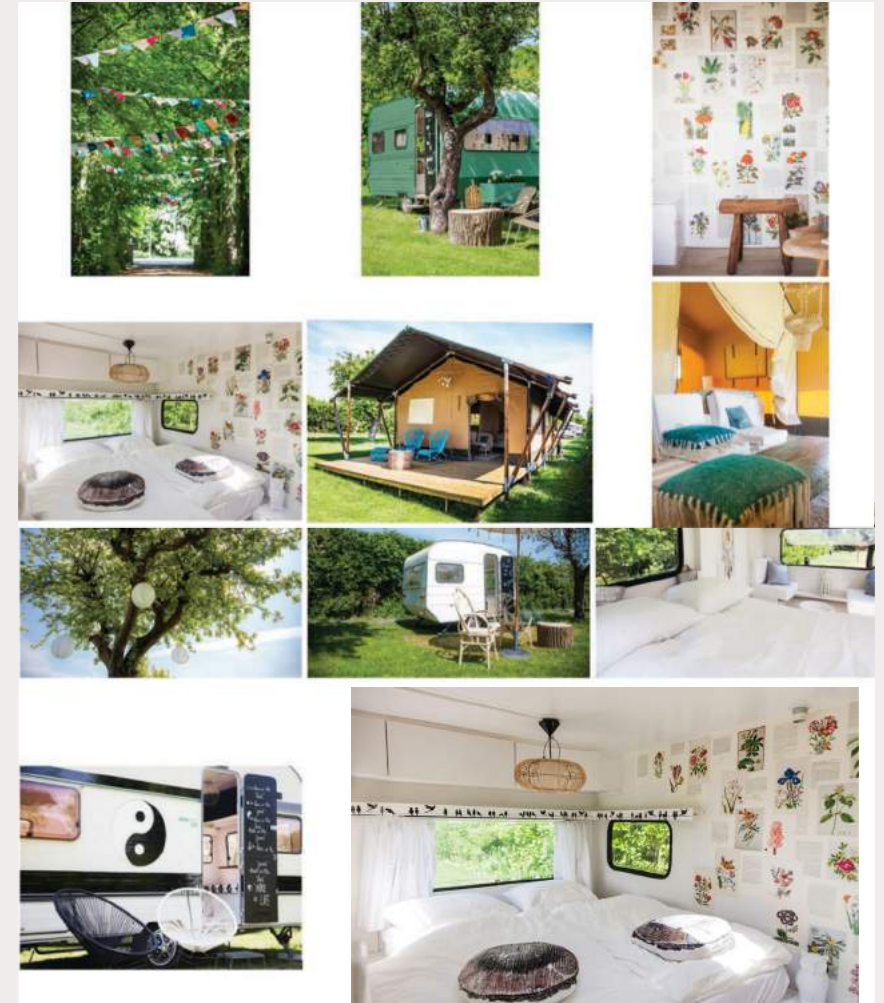
We are looking forward to a beautiful mix of time in nature, yoga, breathwork, meditation, coaching, me-time, exploring the surroundings and time together!



Rooms: From Safari Tent to Caravan

Room Options (incl. program and 3 meals per day):

- Sleep in a cozy caravan all by yourself (EUR 759)
- Sleep in twin Farmhouse room with separate beds with own bathroom and toilet (EUR 749,00)
- sleep in twin Farmhouse room with separate beds with a shared bath and toilet (EUR 699,00)
- Sleep in Luxury Safari Tent with access to bathroom and toilet in the 'Bathhuis' - up to 3 people per Safari Tent (EUR 669,00)



Your investment

Your Investment for The Retreat:

669€ - 749€ (excl. tax) depending on sleeping option

Including:

- 3,5 days The Reconnect Retreat with two leading experts and daily yoga, breathwork and coaching sessions
- 3 nights accommodation (Farmhouse, caravans or luxury tents)
- 3,5 days of vegan catering

Bonus options:

As a bonus you can add 1:1 sessions with Johanna or Angela for a special price (during retreat in the Wikkelhuis or after & before the retreat in downtown Amsterdam):

- 1:1 breathwork journey session with Johanna: 60 min for 150€
- 1:1 biohacking consultation with Johanna: 30 min for 90€
- 1:1 coaching session with Angela: 60 min for 150€
- 1:1 “Soul reading” session with Angela: 30 min for 90€



Please book the Retreat as well as the bonus options on

<https://tiger-turtle.com/reconnect-retreat-june/>

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for more information, please contact Johanna Lehmann or Angela Zinser



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