

THE  
22

21-23  
JULY

RETREAT

✦ *INTO THE WILD*

THE22 X OASYHOTEL

✦  
oasyhotel







# THE22 X OASYHOTEL:

Bridging Oasy's philosophy of protecting our natural environment with The22's philosophy of protecting & strengthening our internal environments, join us as we host our first collaborative retreat, bringing you ***Into the Wild.***









# WHY RETREAT:

- Reset & reconnect body and mind.
- Rejuvenate your energy stores.
- Bring your system back into balance.
- Stabilise your internal body while connecting with the external environment.
- Learn practices for healing and knowledge expansion in nature.
- Expand your physical and mental potential.
- Learn new practices & rituals to bring back to daily life.









# WHAT TO EXPECT:

- Daily yoga by the lake, meditation, and strength training (for strength in body and mind)
- Three daily farm-to-table food curated to nourish the body from the inside out.
- Forest bathing and other activities in nature to reconnect to our external environment.
- Electric bike provided to discover the forest of the Oasy property.
- 1 massage therapy included.
- Daily rest time by the lake.





# YOUR EXPERIENCE:

Oasyhotel is the adventurer's paradise, a place to explore your internal and external environments.

Participants will stay in Oasy lodges equipped with electric bikes to explore and travel around the property.

*The retreat covers all F&B needs and includes one massage as part of the experience, allowing participants more time and energy to spend on other activities.*







# THE ITINERARY:

## DAY 1

15:00-17:00 Arrival & Check-in  
17:00-18:00 Welcome circle  
18:00-19:00 Class  
19:30-20:30 Dinner  
21:00-21:30 Closing Circle

## DAY 2

07:30-08:45 Yoga & meditation by lake  
09:00-10:00 Breakfast  
10:00-12:00 Massage, bike ride or lake time  
12:30-14:00 Lunch by lake (picnic box)  
14:00-16:00 Massage, bike ride or lake time  
16:30-17:30 Forest Activity  
17:45-19:15 Class  
19:30-20:30 Dinner  
21:00-21:30 Fire Ceremony

## DAY 3

7:30-08:45 Yoga & meditation by lake  
09:00-10:00 Breakfast  
10:00-12:00 Massage, bike ride or lake time  
12:30-14:00 Picnic by lake  
14:00 Retreat closing circle  
14:30-15:00 Packing  
15:00 Checkout









# BOOKING OPTIONS:

Single lodge occupancy: €1,950.00


Double lodge occupancy: €1,350.00/person

***Early bird promotion: (book your spot before May 31st)***

Single occupancy: €1.950,00

Double occupancy: €1.350,00



A person is standing on a blue and white paddleboard, using a red paddle to move through the water. The water is calm, reflecting the surrounding dense green forest. The forest is lush with various types of trees, and the scene is peaceful. The text is overlaid on the right side of the image.

Get in touch to learn more  
and book your retreat  
*Into the Wild*

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