

# Recharge Programs

@ KOETSHUIS WATERLAND



## **Musical Journey** - 60 min

A DJ guided mystical journey that steers the participants to their inner selves to experience presence and comfort and then brings them into an energized and ecstatic condition. The journey helps to unleash creativity and empower the individuals.



## **Yoga** - 60 min

Restorative Yin Yoga helps to experience deep relaxation, restore the body and to connect body and mind. It contains low effort postures and is combined with breathing exercises. It is designed for both experienced and inexperienced participants.



## **Sound Meditation** - 60 min

Participants are inspired by singing bowls and breathing exercises. You not only hear but also feel as the water in our body resonates with the sound. By hearing and feeling participants find calmness inside and bring restorative capacity to the body.



## **Sports** - 60 - 90 min

We offer a bootcamp with exercises by a personal trainer to empty our minds and connect with our bodies and to ultimately find strength, power and confidence. We start with an introduction about impact of sports. After the workout participants will get a healthy slow juice / smoothy.

It also possible to set up a table tennis tournament, cold sea dive or regular morning work-out session.

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## Icebath - 60 min

We can facilitate an icebath experience on our own premises. Participants are guided in the process and will ultimately experience alertness, empowerment, relaxation and maybe even strengthening their health system.



## Fireplace chats

Enjoy being outside and being together with gluhwein or marshmallow roasting. The pleasant environment facilitates thoughts, conversations and fun.



## Inspiration workshop - 60 min

We can assemble a workshop in which we energize the participants by telling and sharing stories. We talk about *why* we do things rather than *how*. We talk about *how to find connection* instead of *how to collaborate*. The workshop is not used as a deep dive but as a motivator for the rest of the program and after.

You want to integrate specific elements or looking for specific activities? Please connect with us:  
[info@koetshuiswaterland.com](mailto:info@koetshuiswaterland.com)  
06 4935 3215