


DIES & DAS

Yoga Retreat






DATES

 17.10.2025 – 19.10.2025

ADDRESS

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CONTACT

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 [buy tickets](#)

Yoga Retreat

OJAS: Nectar of your strength - with Isabelle Stüssi

Ayurveda & Katonah Yoga Retreat In Ayurvedic philosophy, the ojas represent our most subtle and concentrated life energy - a sacred resource of vitality, immune defence and inner strength. This special autumn retreat invites you to consciously cultivate, nourish and reawaken your ojas. Too often as humans we push ourselves to our limits and burn out, which impairs our reservoir of ojas. In this retreat, you will learn how to strengthen your power and inner centre using the proven tools of Ayurveda and yoga. You will learn to understand the basics of Ayurveda. You will also learn how to integrate this knowledge into modern everyday life in order to cultivate and nurture your innermost essence.

<https://www.yogameetsweggis.ch/yoga-retreat-isabelle-st%C3%BCssi?lang=en>