



Single Retreat on a North Sea Island

Your Individually Tailored Retreat on Pellworm

Dear unique individual,
suddenly, nothing in your life is like it was before - seemingly insurmountable challenges have pulled the rug out from under your feet.

A guided retreat in the middle of the North Sea can give you stability, inner strength, and direction again.



Perhaps you have

- △ received a life-changing, possibly life-shortening diagnosis.
- △ lost someone important to you.
- △ experienced a traumatic event (separation, accident, etc.) and are no longer able to function “as usual”.
- △ serious doubts about how you are living your life right now, but you don't know how to change it.

An individually tailored break on the island of Pellworm will help you regain your footing and find the courage to embark on a new path. Here, you will have

- △ no distractions from your everyday life.
- △ sufficient space to understand and deeply integrate what is happening to you right now.
- △ plenty of time to satisfy your need for background knowledge.
- △ diverse input on how you can reshape your life.
- △ Pellworm, which supports you with its tranquility, deceleration, and unspoiled nature.

Get to know me better in a conversation and let's see together how we can best support and accompany you.

Lightful greetings from Pellworm

Danai

Danai
Danai's Light-Academy
Healer by Tradition * Teacher by Passion

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Why this individual retreat is just right for you:

- △ You can completely let go and stay focused on your processes. You don't have to function in your everyday life with family, work, and everything else. You have an all-inclusive package and can take care of yourself, your needs, and your thoughts.
- △ The sea air will clear your troubled mind and enable you to absorb new knowledge. Background information and context provide security and continue to be important companions in your everyday life.
- △ The transformative energy of the island, combined with my energetic-spiritual skills and empathic abilities, lead you into a deeper connection with All-That-Is. This access brings you more confidence, stability, and a deeply rooted serenity.
- △ The wonder-filled nature of Pellworm gives you new perspectives and enriches you with its unique view of the endless expanse beyond the island.
- △ Video calls enable immediate support and the development of first aid measures.
- △ If you wish, I can continue to support and accompany you after the retreat via video calls.



Danai – I'll be there when you fall

For 30 years, I have been dealing with the topics of emotions, trauma, and spirituality.

Because I know only too well how loneliness, overwhelm, or discouragement feel; how painful it can be to deal with them.

Today, I offer you the strength I have gained and all I have learned from traveling my own life's journey so that you can walk your path feeling protected and supported.

For me, it all started with a family situation that forced me to make a choice: sink or swim. I wanted to swim - that decision was the beginning of my healing journey. Along the way, I realized that meditation, energy work, and spirit were the right companions for me. They had and continue to have a very positive influence on my physical and mental health.



Spirit became the driving force in my life. It enabled me to master my everyday life as a naval architect and today to accompany people on their life journey in a sustainable and completely individual way. To connect them with a power whose existence they had already suspected, but to which they had not yet found access.

I also speak "business," because I worked for 20 years in steel construction companies and at a technical college, among others as a project and team leader both in Germany and abroad. Today, I live, work, and write on Pellworm, but I am still familiar with working in a business environment and its language.

Through my life crises, I have found myself, my calling, and the life that suits me.

Organizational matters

Accommodation:

The hotel [Nordsee Lodge](#) with wellness area and holiday apartments are located in the immediate vicinity of my home. We will discuss your needs in advance. The cost of your accommodation is not included in the price of the individual retreat, but I will be happy to help you find something suitable.

Recommendation:

The integration of the new will deepen if you allow yourself one or two days after our time together on Pellworm.



Meals:

You are invited to enjoy breakfast, snacks, and German dinner with me in my cozy kitchen. The restaurants on Pellworm offer a wide variety of options for main meals.

Odds and Ends:

Bicycles can be rented on site.

My car is also available for tours on the island.

For your Travel Planning

Information about the [ferry](#).

I will pick you up from the ferry terminal and take you back there.

The rest of your arrival and departure will be organized by you.

General information about [Pellworm](#).

Example of a day of your individual retreat – fully customizable to your needs

This is what a day with arrival and departure might look like. Everything will be individually tailored. We take your wishes into account in advance. During the retreat, we flow through the days so that you can relax and get in touch with yourself.

Arrival

After your arrival on the “Pellworm I,” I will welcome you at the Pellworm pier and take you to your accommodation. Depending on what you need, you will first settle into your room, then we will go for a leisurely meal or a walk along the North Sea. This allows you to leave your everyday life behind and get in the mood for the next few days.



A whole day

We begin our day with a joint meditation. During the individual retreat, the meditation is tailored to your physical and inner needs. The aim is to make it as easy as possible for you to incorporate a regular meditation practice into your everyday life. Being aware of your own thoughts leads to inner peace, sharpens your mind, and allows you to express your creativity - your first and perhaps most important tool for dealing with challenging situations.

Now that we have gotten to know each other a little better, we will have a look at the details of what we have talked about so far over a cup of tea or coffee. As always during our time together, there will be room for questions, doubts, and experiences of any kind.

Then we will start with the first intensive session. An empathetic, psychically lead conversation will open up new roads for exploring the issue that brought you to the island. We will approach the issue at your pace, and everything that comes up is allowed. With this knowledge, I will then use my energetic-spiritual skills to see what your body has to say about it. Here, too, everything happens at your pace.

A deep talk rounds off the first intensive session.



After lunch together, you will have time to yourself. Perhaps you would like to rest, do some sport, or continue talking to me about everything under the sun.

In the afternoon, we will look at the topic we identified in the morning from a different angle. We will select exactly the right method from my toolbox. We will also examine the topic from the perspective of your desired background knowledge. All levels within you can and should participate in your processes. We will find the approach that will further strengthen you in your everyday life.

A meditation on the dike brings our day together to a close in a supportive setting.

Good bye

In good contact with yourself and well prepared for what awaits you, I will drive you to the Pellworm pier on the day of departure. From there, the “Pellworm I” will slowly take you back to your everyday life. You will depart knowing that you can ask me questions and share your experiences with me over the following month. In an online appointment, we will look together at your enriched everyday life and see where you might still need support.



Fee

The length of your stay depends on your wishes and needs. If this differs from two days of individual retreat plus arrival and departure days, I will be happy to send you a customized offer.

For your reference, I have listed the scope and final price for a 2-day retreat here:

- △ Two days of intensive transformation
(time spent together approx. 8 hours/day – entirely according to your needs)
- △ One session (online, approx. 90 min) after the individual retreat
- △ Welcome and farewell with transportation to and from the ferry
- △ Meals
- △ Tours on Pellworm
- △ Advance support (online), e.g., first aid measures for everyday life
- △ Follow-up support (online) for questions, assistance, etc.
- △ Surprise



Let's have a talk -
I'm looking forward to meeting you!