

sail & *breathe*

R E A L M

WELL-BEING YOGA FUSION

EXPAND your LIMITS.

REFRESH & REJUVINATE.
RETREAT & RELEASE.

**SON SERVERA / PORTO CRISTO
MALLORCA, LOS BALEARES, SPAIN
OCTOBER 13-19, 2024**

We create experiences to change our course, on board and on-shore, sailing the winds of life, unwinding restrictions.

NO sailing experience is needed, NO yoga experience is needed.
SI: Passion for expansion and any physical condition welcome.



LEARN VALUABLE SKILLS. FIND ANCIENT AND INNOVATIVE EXERCISES TO EXPANSION.

Based on Yogic teachings, state-of-the-art science, and professional sailing we create experiences to anchor profound personal shifts and learnings. Balance within balance.

Contracted times or overwhelming?

WHEN THINGS GET LOW OR HIGH.
THE BOAT IS THE VEHICLE TO EVOLVE.

Limiting circumstances & emotional stress?

WE NAVIGATE INTENTIONALLY.
WE REST & RELAX FOR LETTING GO.

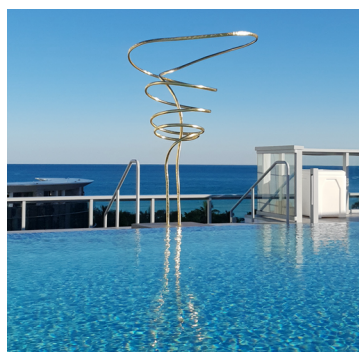
Feeling the frequency of fear and despair or a lack of freedom?

TECHNIQUES & TOOLS
TO ENHANCE OUR LIVES.



EXPERIENCE

Specific exercises open up the horizon, we embrace, reveal & reduce our limitations.



EXPAND

We go beyond our comfort zone, we reflect, we act. Responding rather than reacting. We create.



MANIFEST

Ancient Yogic techniques anchor the learnings to create new and healthy habits.

What to expect

Sample Day

Day 4

06.30 Rise up

06.45 Morning meditation - Sadhana

08.00 Breakfast

09.30 Team briefing

10.30 On board

..Sailing experiences, conscious exercises

..Anchoring, inner work

..Rest & Reflect

02.00 pm Lighthouse

..Land & Lunch

..Exercises & Experience on the island (breath work)

..Rest & Relax, anchoring-class

05.30 pm Back on board

..Release & Flow

..Sailing experiences

..end the day and determine the flow (no schedules)

1 Our retreat is not just a vacation, it's a transformation. It's an opportunity to step out of your daily routine and into a world of self-discovery and growth. Through the coherent practice of yoga, meditation, sailing, and creating arts you will find a renewed sense of inner peace and relaxation, and return home with a refreshed perspective on life.

2 Find your destination, choose your course, navigate the circumstances, trim & release. Be the real captain of our Bateau of Life. On the boat we determine our tacks and gybes, we act accordingly towards the destination of each day.

3 Profoundly designed exercises with and on a sailing yacht, manoeuvres with gentleness and power create the space for evolvment and expansion. Decisions, teamwork, letting go with the flow. We trim, we release, we set up the boat. Be inspired.

4 Reflections, sessions of meditation and specific body movement with profound breathwork anchor the learnings. Various workshops and group exercises let us go even deeper. And of course: lots of fun, joy and free time of letting go.

Discover the freedom of pure living. This retreat is perfect for anyone looking to disconnect from the stresses of daily life, and reconnect with nature and themselves. We support you by creating experiences, decisions become real and profound, clear & free.

Moving a sailing yacht by managing its sails, tasks and responsibilities on board provides endless room for experiences and growth.

Skip stress and anger, choose expansion. We totally create from personal experience.

It's not "just" sailing and Yoga. We have been developing an integrated approach, a fusion of Yogic wisdom and universal knowledge.

Our exercises and manifesting circles are rooted in ancient & modern sciences, high performance sports and sailing, creating and experiencing from your very own inspiration.

We support to create shifts of your course by defining and practicing tools to get us on the path we determine to continue.

Gourmet Meals De Luxe Accommodations Unique Yachts

BREATHE THE MOMENT

NAVIGATE THE TIMES

WE CONNECT SCIENCE & CREATIVITY, PHYSICS & PHYSIOLOGY, THE PHYSICS OF SAILING, THE ANCIENT SCIENCE OF YOGA, THE PHYSIOLOGY OF EXPERIENCE & EXPRESSION, THE ART OF LIVING, UNIQUE CREATIONS, THE ART OF BREATHING NOURISHING SOUL FOOD IN EXTRAVAGANZA (ITALIAN/ASIAN-FUSION & BEYOND)

€ 3,470,--

per person
FULL RETREAT
all inclusive
(see details: On
Board/Payment)

YOU ALSO RECEIVE:

- ..Special guests & yoga teachers.
- ..Live-broadcasting from Los Angeles: Guru Singh (Guru Singh is a celebrated third-generation Yogi, author & musician).
- ..Special excursions to special places.
- ..nourishing soul food, love-infused by private chef/artista/Yogi Monica Bertini

EXPAND IN YOUR EXPERIENCE

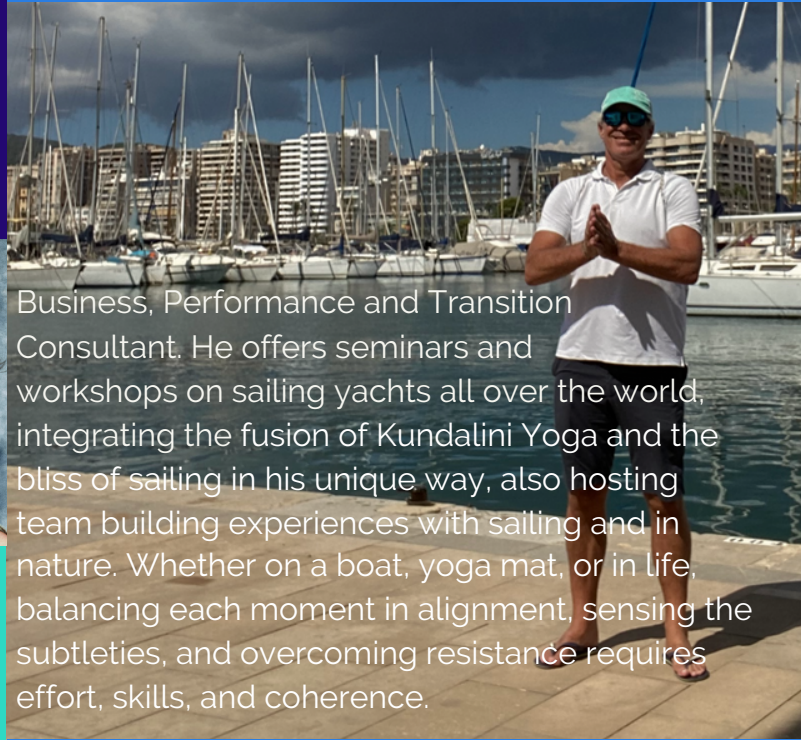
create space / create / open up / keep up

Your Hosts

GEORG GAMSJÄGER



As a certified Yoga & breathwork teacher and former national team sailor, Georg's integrated approach for mental, emotional and physical well-being was fuelled by various trainings, studies and practices at Yoga West in Los Angeles.



Business, Performance and Transition Consultant. He offers seminars and workshops on sailing yachts all over the world, integrating the fusion of Kundalini Yoga and the bliss of sailing in his unique way, also hosting team building experiences with sailing and in nature. Whether on a boat, yoga mat, or in life, balancing each moment in alignment, sensing the subtleties, and overcoming resistance requires effort, skills, and coherence.

Georg unites profound studies and personal discoveries, has created essential lifestyle pillars he is ready to share. Decades of management, executive & entrepreneurial experience. Loving father, work in progress.

What they say..

Dr. Houman Kamali,
Medical Director, Vifor Pharma



"We really enjoyed Georg's approach to team coaching. His skillful professionalism was evident throughout the entire event. Georg and his crew gave us deep insights into the world of racing and regatta-sailing, and how we can grow together as a team by applying those learnings.

A big Thank You especially for the extraordinary fun we had on the boats, despite of "almost zero" wind during our sailing seminar.

Mission absolutely accomplished."

more comments, please visit: re8alm.com

JULIAN KHOL



Guiding and navigating the arts part, expanding beyond limits.

Rewarded and rewarding globally minded artist, making it a complete creative experiences out of the box, clearing space, letting go, creating your future.



His passion for any artistic expression, his academic background (Vienna and Düsseldorf) as well as his natural flowing skills make the circle full.

Channeling life's challenges through art and creative expression. Embracing the outcome as a manifestation of inner liberation completes our thrive to widen horizons, changing perspectives and clearing inner barriers.

On board

Georg Gamsjäger

Yogic Sailor, 45+ years multi-level sailing & yachting experience
Conscious Entrepreneur
Performance Consultant & Coach
re8alm.com

Julian Khol

Rewarded and rewarding
Artist & Creator
juliankhol.com

Let us take care of the details so that you can focus on relaxing, rejuvenating, and sailing towards your journey of self-discovery for more ease and a clear state of mind.

Please inquire about airport/port transportation (Taxi) for an extra fee.

Transportation/flight to the island not included.

Call us at +43 664 524 5080 or visit re8alm.com

Contact us today to reserve your spot and set sail on an unforgettable journey!

1 Enrollment

1

Upon first registration via email we provide you with detailed program and useful tips (clothing, transportation, etc.). Please register via email including your housing preferences (single/double). No overnight stay on the boat.

2 Payment

2

We kindly ask you to transfer 50% of total sum upon email-registration, 50% 10 days prior to seminar-start. (as stated in confirmation-email you receive after registration)
Bring Your Friend Prizing available.

Total: € 3,470--
Bring Your Friend: € 3,100,-- each (prizes for double room occupancy)

Single room additional premium rate: € 650,-- per week and person.

3 Prerequisites / Health

3

No previous knowledge of sailing or yoga & mediation required. Whether you're a seasoned sailor or a complete novice, our retreat is designed to provide an inclusive and supportive environment for all participants.

A confidential medical questionnaire will be provided for your safety.

