

REDISCOVER YOURSELF

RETREATS FOR MOMS

WENGEN 24-26.05.2024



POWERMAMAS



Imagine waking up to the smell of freshly brewed coffee, the sun streaming through the window, and not a single worry on your mind.





This retreat is created with idea to encourage to let your thoughts wander, to engage your intellect, and to remember the woman you are beyond your roles

It's about creating a space where discussions can flow freely, not about children or daily chores, but about our views on books, movies, fashion, politics, and more.

This retreat offers an intimate and exclusive experience, with very limited spots available. If you're interested, please don't hesitate to reach out to me via email to secure your place.

Why do you need it

I get it – in the hustle and bustle of everyday life, finding just five minutes for yourself can feel like an impossible feat.

As women, especially mothers, we care about everyone else more than ourselves.

Which is why we need and deserve rest. Why? Because your child, your loved ones and the world need a happy woman.

You will come back with a new perspective, you will strengthen your body and reawaken your true dreams, and after your return you will feel full of power and new ideas.



The Retreat



Location

Imagine a getaway where the world slows down, allowing you to breathe and reconnect with the essence of who you are beyond the daily hustle.

Nestled in the heart of the Swiss Alps, Wengen awaits you, a car-free haven perched amidst Alpine pastures and dense forests, with the majestic Jungfrau mountain standing guard.

Everything here is a stroll away, inviting you to explore at your own pace, with the stunning backdrop of the Alps at every turn.





Accommodation

The chalet in Wengen is tastefully-furnished, modern, and is 137 m². It has views of the mountain and the slopes. The house is situated in a quiet neighborhood in a mountainous area. The accommodation is equipped with all the amenities that you need during your stay.



Our itinerary.

24th May, Friday Night

Our retreat begins with a shared dinner where delicious food meets deep conversations. It's a time to unwind, connect, and share with fellow travelers on this journey of rediscovery.

17:00–18:00 Arrival to Wengen *

18:30 Welcoming circle

19:00 Dinner

20:00 Evening chill out

Let us dive into chats and/or world of our own thought, without disturbance, by (non)alcoholic drinks, games and all the activities that you don't have time to do at home

*Wengen is a car-free UNESCO zone, so you cannot reach it by car. You can reach Lauterbrunnen by car and then you need to take the train to Wengen. You can park in one of the garages at Lauterbrunnen for about 12CHF to 18CHF a day. Traveling from Lauterbrunnen to Wengen takes about 15 minutes by train.

Arriving and reaching Wengen is not included in the price.

From Wengen station there is a shuttle transport to our chalet. **This is already included in the price.**



Our itinerary.

**25th May,
Saturday**

Time to recharge your batteries while short and easy hike finished by fondue at the top, while admiring beautiful views and enjoying your time

9:00–10:00 Breakfast

10:00–13:00 Freetime

After starting our day with a nourishing breakfast, the morning is yours. Whether you choose to lose yourself in a book, meander through the village, or simply savor the joy of doing nothing, this is your time to recharge.

13:00–14:00 Lunch

14:00–16:00 #IAmRemarkable workshop

16:00–17:00 Preparing to hike

17:00–19:00 Hike with fondue*

We embark on a hike to Leiterhorn, a trail that promises awe-inspiring views of the Jungfrau and Silberhorn. Our destination? A picturesque spot for preparing and enjoying cheese fondue together, surrounded by the alpine splendor. As the sun dips below the 4,000-meter peaks, bathing them in golden light, we'll capture these moments before descending back to Wengen.

19:00 Dinner

20:00 Chill out time

The day concludes with Swiss chocolate and favorite drinks, embracing rest and reflection.

Our itinerary.

**26th May,
Sunday**

Picnic in surrounding of nature and saying good bye

8:00–9:30 Small breakfast and check out

9:30–12:00 Hike and picnic by the lake*

We venture out for a gentle excursion to a turquoise lake, the perfect setting for a picnic brunch amidst nature's tranquility. Following this peaceful start, we return to Wengen station, marking the end of our shared journey.

12:00 Good bye circle

*In the event of bad weather the hikes will be adjusted accordingly to the conditions. Saturday's hike with fondue, if not possible because of the conditions, will be changed to visiting Swimming Pool and Wellness zone.



POWERMAMAS



About us

Hey, I'm Agnieszka, but you can call me Aga. Originally from Warsaw, Poland, I now call Zurich, Switzerland home.

I've always been fascinated by human behavior and the stories that shape us. My travels through South America taught me the importance of embracing life's journey and surrendering to the unknown.

But it was motherhood that truly ignited my passion for empowerment. Through workshops, retreats, and meaningful conversations, I strive to create spaces where women can reclaim their voices and rediscover the power within themselves.

Prices

Total price per person:

- *Early Bird (until 30.04) is 890 CHF*
- *Normal 950 CHF*

What's Included:

- *Shuttle transport from Wengen train station to chalet*
- *2 nights' accommodation in Wengen (single bed in a double room);
Included: bed linen, Internet access, towels, welcome amenities (Slippers, Hotel Cosmetics, Toilet Paper)*
- *Meals: 2 breakfasts, 1 dinner, 1 lunch and an unforgettable fondue experience*
- *Guided hike from Wengen to Leiterhorn*
- *Tourist tax*



Contact Information

For any questions or clarifications,
please reach out to me at:

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