






SPORT

Cosmic Roots – Winter Wellness Retreat with Isabelle Stüssi

**DATES** 16.01.2026 – 18.01.2026**ADDRESS** Seestrasse 52
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 buy tickets

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When winter lays its blanket of silence over the world, it invites us to slow down. This time of year belongs to retreat, inner contemplation - and deep regeneration.

Late winter is dominated by Kapha dosha: cool, heavy, stabilizing. The increased proportion of earth and water in our environment has a direct effect on our being. We are therefore invited to focus our practice and care rituals on balancing Kapha. With the Cosmic Roots retreat, Isabelle will help you to balance your body and mind during this quiet time of year - with conscious Ayurveda routines, lots of warmth and dynamic practices from Katonah and Meridian Yoga. In the Ayurveda workshop, you will learn how you can rejuvenate yourself with simple, effective tools, strengthen your immune system and cultivate your life energy in winter. "Cosmic Roots" is a sensual journey back to your center. We focus on what really nourishes you: Warmth, presence and connection - with yourself, nature and like-minded people. Isabelle Stüssi is a holistic Ayurveda health consultant and yoga teacher. She combines modern Ayurveda with the grounded depth of Katonah Yoga®. She is passionate about self-care - through rituals, retreat and presence. Growing up with Mauritian culture, she was introduced to the world of Hinduism, spices and rituals at an early age. She has been studying and practicing yoga and Ayurveda for over 20 years. Her teaching is clear, sensual and structured - with depth and humor. Isabelle lives on Mallorca and accompanies people in personal processes. You can find more information about Isabelle Stüssi at www.isla.yoga