GERMANY 2027 | A RETURN TO THE BODY

Healing *from* Cell *to* Soul



April 15–25, 2027

A rare 11-day integration of

SCIENCE • INTUITION • CEREMONY

IN THE BLACK FOREST OF GERMANY

What if healing was never meant to happen in pieces?

As we return to Germany's beautiful Black Forest in 2027, we carry the experiences of **two sold-out retreats in 2026.** Each retreat has deepened our understanding of what becomes possible when ***healing is approached as a whole.***

Petra Kscheschinski, Dannielle Bryan, and **Rabecca Adams** each bring years of experience and their own *lived journeys through healing and transformation.*

Petra brings her extensive knowledge of **biological and mitochondrial medicine,** along with the innovative protocols she shares at medical conferences around the world. **Dannielle** brings extraordinary **shamanic wisdom,** years of practice, and a deeply intuitive presence that guides the emotional and spiritual layers of the work with care and precision. **Rabecca** brings her personal journey through cancer and the **choice to live fully,** along with the vision to thoughtfully weave these worlds together and make the experience digestible.

Through our individual paths and the work we have already shared, we have developed an **interconnected approach** that recognizes the relationship between *the physical body, nervous system, emotions, and spirit.*

• Each aspect matters. Each influences the others •

Over **11 days,** personalized therapies, ancient practices, meaningful connection, and intentional integration come together in an experience that continues to evolve with everything we have learned.

Healing from Cell to Soul is more than a retreat we created.
It is a journey we have each lived, a philosophy we have brought together, and an experience we are honored to share with you.

Dannielle Bryan, Petra Kscheschinski & Rabecca Adams

Healing from *Cell* to *Soul*

GERMANY 2027 | A Return to the Body

RETREAT HIGHLIGHTS

- ***This 11-day immersive healing journey*** brings together biological medicine, nervous-system restoration, and soul-level integration within the sacred stillness of the Black Forest region of Germany.

- ***Held in an intimate group of six to eight guests***, this retreat is intentionally designed as a calm and supportive space where the body, mind, and spirit are welcomed into restoration with gentleness and presence.

- ***Private Shamanic Healing Session–*** Each guest receives a one-on-one shamanic healing session, offering a grounded and deeply compassionate space to explore emotional and energetic layers of the healing journey.This work honors your story, your inner wisdom, and the intelligence of the soul.

- ***Group Medicine Circles–*** Together we gather in group-led medicine circles, including guided experiences in Ancestral and Family Lineage Healing, guided shamanic journeys, informative talks, and integrative take-home practices. These circles support clarity, release, connection, and personal transformation, reminding us that healing happens in community as much as within ourselves.

- ***Consultation–*** Each guest will receive a private pre-retreat consultation with Petra to discuss their health goals and areas of focus, along with a follow-up integration call with the retreat hosts after the experience.

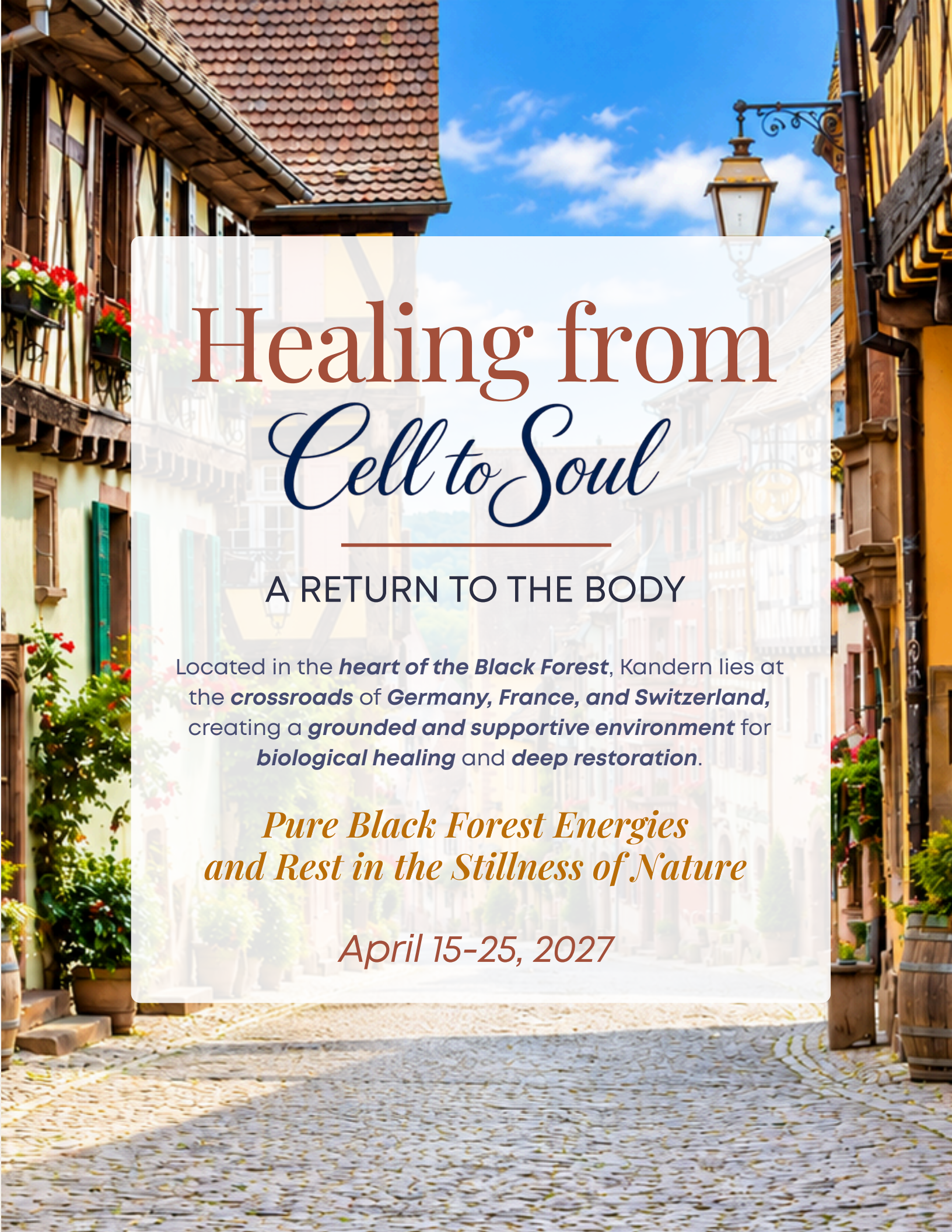
- ***Immersion in the Black Forest–*** Between treatment days, you will experience sacred time in nature, allowing the calm beauty of the Black Forest to anchor the nervous system and soften the heart. Silence, reflection, breath, and earth connection become part of the medicine.

- ***Thermal Bath House and European Excursions–*** You will also enjoy visits to a historic thermal bath house, where natural mineral waters have been used for centuries to support rest, detoxification, and renewal.

- ***In addition,*** we journey together into neighboring Switzerland and France, weaving cultural beauty and gentle exploration into the rhythm of the retreat.

It is a sacred, clinically supported healing environment where biology and soul work meet, the nervous system is honored, integration is intentional and you are supported every step of the way

You do not have to heal alone.



Healing from Cell to Soul

A RETURN TO THE BODY

Located in the ***heart of the Black Forest***, Kandern lies at the ***crossroads*** of ***Germany, France, and Switzerland,*** creating a ***grounded and supportive environment*** for ***biological healing*** and ***deep restoration***.

Pure Black Forest Energies and Rest in the Stillness of Nature

April 15-25, 2027

Where you'll be staying...

A charming, family-run guest house in the heart of Kandern
Quiet, well cared for, with countryside views
Restful nights away from busy roads

Location:

The clinic is just a short and easy walk from the guest house, offering gentle daily movement through town and a relaxed, natural rhythm to each day.

Rooms:

Rooms are spacious and comfortable, thoughtfully equipped for rest, with views of the village and surrounding countryside.

Amenities:

- Complimentary WiFi
- Digital television
- Minibar and hair dryer
- Writing or work desk
- Elevator access
- On-site parking

Breakfast:

Each morning, guests enjoy a generous breakfast buffet, providing a nourishing and unhurried start to the day.

KONUS guest card:

As part of your stay, you'll receive a KONUS Guest Card, offering access to regional transportation and small benefits within the Black Forest should you wish to explore during free time.



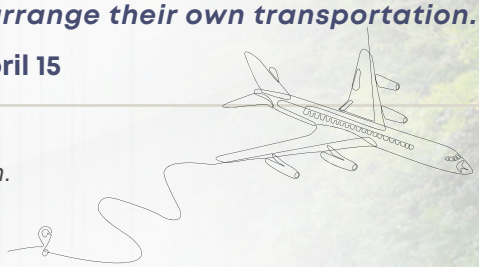




The daily itinerary may vary based on scheduling and treatment needs. Adjustments may be made to best support participants while maintaining the overall flow of the retreat.

One group pickup will be provided from BASEL MULHOUSE Airport in Switzerland at 1:00 PM or earlier if all guests are in earlier. Guests arriving at other times will arrange their own transportation.

DAY 01. Thursday, April 15



TRAVEL DAY:
Pick up at the airport at 1:00 pm.
Check in at Hotel get settled in

AFTERNOON:
Free time to explore Kandern, rest, food shop, or whatever is needed

EVENING:
4:45–6:15 Orientation meeting

DINNER ON YOUR OWN:
6:15 PM Guests are invited to join a shared group dinner. Meals at this dinner are not included in the retreat price and are paid individually.

FREE NIGHT | GET TO BED EARLY ACCLIMATE TO TIME CHANGE

DAY 02. Friday, April 16

A FREE DAY TO GET SITUATED. YOU'LL HAVE TIME TO REST, EXPLORE THE AREA, AND EASE INTO THE RHYTHM OF THE RETREAT. WE'LL KEEP THE DAY OPEN AND FLEXIBLE SO EVERYONE CAN LAND GENTLY.

DAY 03. Saturday, April 17

TREATMENT DAY – INTESTINAL HEALTH AND IMMUNE SYSTEM BOOST.

BREAKFAST (INCLUDED):
7:30-8:30 AM

MORNING TREATMENTS:
9:00 AM-1:00 PM

LUNCH (INCLUDED):
1:00 PM-2:30 PM

AFTERNOON TREATMENTS:
2:30 PM-6:00 PM

DINNER ON YOUR OWN:
6:00 PM-7:30 PM

EVENING SESSION:
7:30 PM-8:30 PM
Opening Fire & Intention



DAY 04. Sunday, April 18

TREATMENT DAY – ADRENAL RESET – ATP PRODUCTION- SCAR TISSUE REPAIR

BREAKFAST (INCLUDED):
7:30-8:30 AM

MORNING TREATMENTS:
9:00 AM-1:00 PM

LUNCH (INCLUDED):
1:00 PM-2:30 PM

AFTERNOON TREATMENTS:
2:30 PM-6:00 PM

DINNER ON YOUR OWN:
6:00 PM-7:30 PM

EVENING SESSION:
8:00 PM-9:00 PM
Group Evening Session



DAY 05. Monday, April 19

GROUP TREATMENT – MITOCHONDRIA AND STEM CELL REPAIR WITH NAD
AFTERNOON JOURNEY TO WATERFALLS

BREAKFAST (INCLUDED):
7:30-8:30 AM

MORNING GROUP NAD IV:
9:00 AM-12:00 PM

LUNCH ON YOUR OWN:
12:00 PM-1:30 PM

JOURNEY TO WATERFALLS IN THE BLACK FOREST:
1:30 PM-6:00 PM

OPTIONAL GROUP DINNER:
6:00 PM-7:30 PM
Guests are invited to join a shared group dinner. Meals at this dinner are not included in the retreat price and are paid individually.



DAY 06. Tuesday, April 20

TRIP TO BADENWEILER TO VISIT ROMAN BATH HOUSE

BREAKFAST (INCLUDED):
7:30-8:30 AM

LEAVE FOR BADENWEILER :
9:30 AM

LUNCH:
ON YOUR OWN

FREE TIME – ROMAN BATH HOUSE VISIT
1:00 PM-4:30PM
Enjoy Cassiopeia Therme Badenweiler with its thermal pools and saunas. A bistro and nearby cafés are available for lunch.

DINNER ON YOUR OWN:
6:00 PM-7:30 PM
Guests are invited to join a shared group dinner. Meals at this dinner are not included in the retreat price and are paid individually.

EVENING SESSION:
8:00 PM-9:00 PM
Group Evening Session

DAY 07. Wednesday, April 21

TREATMENT DAY – DETOX VIRUSES AND HEAVY METALS

BREAKFAST (INCLUDED):
7:30-8:30 AM

MORNING TREATMENTS:
9:00 AM-1:00 PM

LUNCH (INCLUDED):
1:00 PM-2:30 PM

AFTERNOON TREATMENTS:
2:30 PM-6:00 PM

DINNER ON YOUR OWN:
6:00 PM-7:30 PM

EVENING SESSION:
8:00 PM-9:00 PM
Group Evening Session



DAY 08. Thursday, April 22

TREATMENT DAY – PARASITE CLEANSE AND RECEIVING VITAMINS AND NUTRIENTS

BREAKFAST(INCLUDED):
7:30-8:30 AM

MORNING TREATMENTS:
9:00 AM-1:00 PM

LUNCH (INCLUDED):
1:00 PM-2:30 PM

AFTERNOON TREATMENTS:
2:30 PM-6:00 PM

DINNER ON YOUR OWN:
6:00 PM-7:30 PM

EVENING SESSION:
8:00 PM-9:00 PM
Group Evening Session

DAY 09. Friday, April 23

GROUP TREATMENT – MITOCHONDRIA AND STEM CELL REPAIR WITH NAD CRYO CHAMBER

BREAKFAST(INCLUDED):
7:30-8:30 AM

MORNING GROUP NAD IV :
9:00 AM-12:00 PM

LUNCH ON YOUR OWN:
12:30 PM-2:00 PM

JOURNEY TO CRYO CHAMBER:
2:15 PM-6:00 PM

DINNER ON YOUR OWN:
6:00 PM-7:00 PM Group dinner paid individually

EVENING SESSION:
8:00 PM-9:00 PM
Group Evening Session



DAY 10. Saturday, April 24

ADVENTURE DAY TO RIQUEWEIR, FRANCE



BREAKFAST (INCLUDED):
7:30-8:30 AM

LEAVE FOR FRANCE:
9:15 AM

LUNCH:
ON YOUR OWN IN RIQUEWEIR

LATE AFTERNOON RETURN TO KANDERN

HOSTED GROUP DINNER (INCLUDED):
5:30 PM-7:30 PM
GASTHAUS SAKARTVELO: Authentic Georgian culture in the middle of Kandern! In our restaurant you can enjoy the traditional flavors of Georgia – freshly prepared and served with love

CLOSING FIRE CEREMONY:
7:45 PM-8:45 PM

DAY 11. Sunday, April 25

TRAVEL DAY HOME

BREAKFAST:
7:30-8:30 AM

DEPARTURE TRANSFER:
Depart for the airport on the earliest group transfer to accommodate early flights. Final timing will be confirmed closer to departure.

What You May Notice by Day Eleven

By Day Ten, many guests notice a ***deeper sense of calm*** in their ***nervous system***, a ***clearer connection*** to their body, and a feeling of having ***truly been held*** through their ***healing process***. The ***integration of energetic and medical care*** creates an experience ***unlike anything*** most have encountered before, allowing the work done here to ***continue unfolding long after you return home***, ***gently supporting your next chapter***.










14/CRYOCENTER
GANZKÖRPER-KÄLTETHERAPIE
LYMPHDRAINAGE
LPG® ENDERMOLOGIE
KRYOLIPOLYSE
Your Partner for
and Personalize
HEALTH



























Landcost

Price Based Per Person | 18+ years -$8,500

PRICE INCLUDES:

- LODGING
- DAILY BREAKFAST
- SELECT LUNCHES
- ONE INCLUDED GROUP DINNER
- AIRPORT TRANSFERS ON ARRIVAL AND DEPARTURE
- ALL SCHEDULED TREATMENTS
- ALL GROUND TRANSPORTATION DURING THE RETREAT
- ENTRANCE TICKETS AND ADMISSION FEES WHERE NEEDED

NOT INCLUDED IN PRICE:

- **INTERNATIONAL AIRFARE** TO BASEL, SWITZERLAND OR OTHER NEARBY AIRPORTS
- **SOME LUNCHES AND DINNERS NOT COVERED** IN THE RETREAT AS INDICATED IN THE ITINERARY
- **TRANSPORTATION TO THE AIRPORT IF DEPARTING OUTSIDE THE SCHEDULED GROUP TRANSFER TIMES**
- **ADDITIONAL NIGHTS IN KANDERN OR THE SURROUNDING AREA** AND ANY RELATED SHUTTLE TRANSFERS.

questions

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RABECCA ADAMS
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HOW TO REGISTER

Submit your non-refundable $1500 deposit and complete the registration form and waiver.
Deposits can be transferred to another person.

RESERVATION AND PAYMENTS:

PRESENT DAY - FEB 28TH. 2027

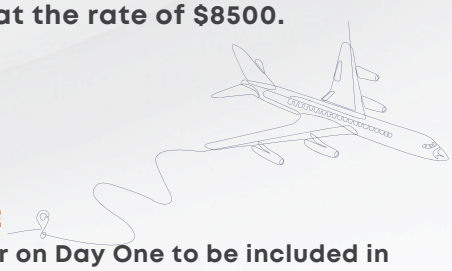
Register with a non-refundable $1500 deposit. This confirms your registration and reserves your spot.

MARCH 1, 2027

Your remaining balance or full payment is due.

MARCH 1 THROUGH APRIL 1, 2027

Registrations during this period must be paid in full at the time of booking at the rate of $8500.



ARRIVAL AND DEPARTURE

Arrive by 1:00 PM or earlier on Day One to be included in the group transfer.
*****Pick up could be earlier if all flights come in before 1:00pm.

Program services begin with a group transfer from Basel Mulhouse Airport in Switzerland on Day One and conclude on Day Eleven with a group transfer from Kandern back to Basel Mulhouse Airport. Guests arriving or departing outside the scheduled group transfer times will arrange their own transportation.

If you wish to extend your stay, additional nights may be requested at the same hotel based on availability. Please indicate this at the time of registration.

PETRA KSCHESCHINSKI

Integrative Biological Medicine
Kandern, Germany

Clinical Precision. Cellular Healing. Whole-Body Restoration.







Petra Kscheschinski is an internationally respected practitioner of functional medicine, stress, and environmental medicine based in Kandern, Germany, in the heart of the Black Forest. She is known for her innovative, outside-the-box approach to supporting people with complex and chronic health conditions, through precision-based therapies.

Petra speaks at conferences around the world, sharing her expertise in mitochondria repair, stem cell activation, cellular repair, low-level-laser therapy combined with photodynamic therapy, detoxification, ozone, and personalized nutrient protocols as well as microbiome therapies, based on genetic findings. Her work bridges advanced European biological medicine with a deep understanding of how the nervous system, metabolism, and immune system work together to restore balance in the body and create a sustained health span.

Each guest is treated as a whole person, not a diagnosis. During the retreat, Petra will provide personalized biological therapies while working in harmony with the energetic and shamanic layers of the experience, creating a powerful and rare integration of modern medicine and soul-level healing.



*During the retreat, Petra provides **personalized biological therapies** while working in harmony with the **energetic and shamanic layers** of the experience, creating a powerful and **rare integration** of **modern medicine and soul-level healing**.*

DANNIELLE BRYAN

Shamanic Practitioner, Teacher & Retreat Guide
Owner & Founder of Shamanic Twist Institute

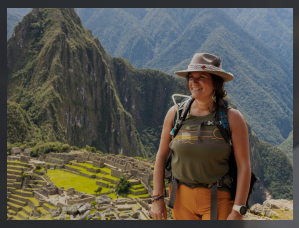
Grounded Facilitation. Trauma-Aware Practice. Soul-Level Integration.

Dannielle Bryan *is a highly experienced shamanic practitioner, teacher, and retreat guide with over 20 years devoted to the study and practice of energy medicine and shamanic tradition. She is the Owner and Founder of the Shamanic Twist Institute, a wellness center and training organization that blends deep spiritual practice with practical everyday application.*

Dannielle's work is rooted in long-term training, lived practice, and a deep respect for the intelligence of the human nervous system and psyche. She began her journey in healing and spiritual study in her teens and has since woven shamanism into her life as both a personal practice and professional vocation.

Over the course of her career, Dannielle has guided individuals and groups through shamanic journeys, integration circles, and energetic processes designed to support insight, emotional release, and internal reorganization. She is known for her steady presence, trauma-aware facilitation, clear boundaries, and ability to hold complex inner experiences with warmth and discernment.

Dannielle's approach is grounded and non-invasive. She works through guided meditative journeys, visualization, breath, sound, and focused awareness, helping guests explore internal landscapes, ancestral patterns, and long-held narratives in a safe, supported way — always meeting each person as a whole human being rather than something to be fixed.




During the retreat, Dannielle guides the ***energetic and ceremonial aspects*** *of the journey with Shamanic sessions, guided journeys and facilitating* ***inner exploration and insight*** *while holding a* ***steady and supportive container*** *for* ***transformation****.*

RABECCA ADAMS

Energetic Shamanic Practitioner & Integration Mentor
Founder of Camera Shy Photography (Est. 2011)

Lived Experience. Integrated Healing. Grounded Aliveness.

Rabecca Adams *is a mother of five and grandmother of two, as well as a business owner, mentor, and energetic practitioner. In 2011, she founded Camera Shy Photography, which has grown into a respected company serving families across Utah. Through her leadership, she has trained photographers and built both careers and community—helping others grow in confidence and skill along the way.*

Rabecca's path into healing work is rooted in lived experience. After being diagnosed with stage III colon cancer in 2012, she later faced a documented terminal recurrence in 2014 and was given six months to live. She underwent aggressive treatment and multiple surgeries, including the loss of two-thirds of her pancreas, and now lives as an insulin-dependent diabetic.

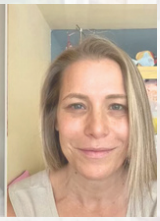
Years later, shingles and prolonged stress placed additional strain on her nervous system and overall health. These experiences deepened her understanding of how closely the body, mind, and energy are connected—and the importance of supporting them together in a grounded, practical way.

Since 2020, Becky has intentionally walked the shamanic path, integrating energetic work alongside conventional medicine. She does not see science and energy as opposing forces; in her experience, they strengthen one another. Her work focuses on helping people feel steadier in their bodies, clearer in their thinking, and more aligned in their lives.

Becky is known for her calm presence, practical perspective, and ability to make complex healing work feel approachable and real. Her approach is rooted in resilience, lived experience, and the belief that healing can be both grounded and transformative.








During the retreat, Becky supports ***integration and embodiment****, helping participants* ***feel steady*** *as physical and energetic work come together—while also bringing* ***warmth, movement, and moments of lightness*** *to the journey.*

IT'S MORE THAN *Advanced Therapies*

IT'S THE RIGHT SEQUENCE.
A WHOLE-SYSTEM APPROACH.
AND A DEEPER RETURN TO YOU.



This retreat is not simply access to advanced therapies. It is access to them ***in the correct order*** – intentionally layered to support the body, mind, and spirit.

Layers create lasting change.

NOURISH THE GUT | **DETOX THE BURDEN** | **CLEAR PATHOGENS** | **RESTORE THE SYSTEM** | **RENEW LONGEVITY**

NOURISH FIRST

We begin by supporting digestion, nutrient absorption, and immune resilience. A strong foundation helps the body receive and respond to all that follows.

THEN DETOX

We address environmental toxins and heavy metals that can interfere with neurological function, immune health, and cellular communication.

NEXT, CLEAR

We support the reduction of intracellular viruses and parasites, such as Lyme and Epstein-Barr Virus, helping to remove hidden burdens that may contribute to chronic fatigue and inflammation.

THEN RESTORE

We support adrenal health, mitochondrial function, and ATP production, helping the body move out of survival mode and into a state of repair.

AND RENEW

For longevity and ongoing health optimization, we incorporate Low-Level Laser Therapy and NAD^+ IV therapy to support cellular repair and telomere health.

A TRULY INTEGRATED EXPERIENCE

This retreat offers a comprehensive, whole-system approach to healing — working with the physical body, cellular systems, nervous system, energetic field, and innate intelligence.

Each modality is intentionally layered to support the others, creating a synergistic environment where the body can repair, restore, and re-regulate at the deepest levels.

Same frequency. Deeper you.

INTEGRATED *Healing Modalities*

OFFERED DURING THE RETREAT



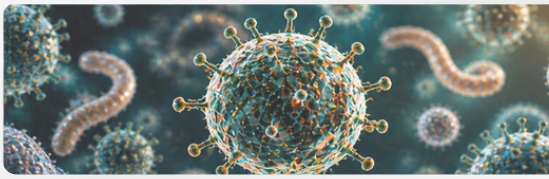
01 | IMMUNE SYSTEM & INTESTINAL HEALTH SUPPORT

Gut and immune health are foundational to overall wellbeing. These therapies support microbiome balance, intestinal integrity, and immune resilience—key components for long-term healing, detoxification, and energetic stability.



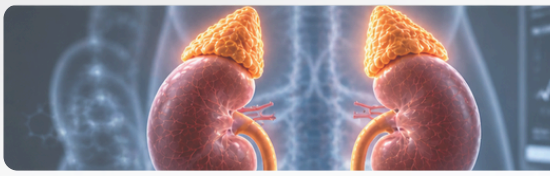
02 | IV HEAVY METAL DETOX

This protocol supports the body in safely binding and eliminating heavy metals that can interfere with neurological function, immune health, and cellular communication. Reducing toxic loads allows the body's systems to function more efficiently and supports mental clarity and vitality.



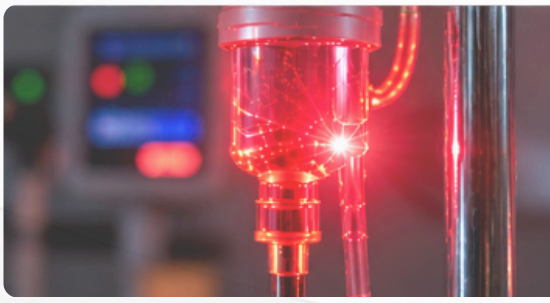
03 | PARASITE & VIRAL DETOX SUPPORT

Targeted protocols help reduce viral load and parasitic stress on the body, supporting immune resilience, digestive health, and nervous system balance. This work helps clear energetic and physical burdens that may contribute to chronic fatigue and inflammation.



04 | ADRENAL RESET & ATP PRODUCTION SUPPORT

Focused therapies support adrenal health and ATP production, helping restore energy reserves, regulate stress response, and improve overall stamina. This work is especially supportive for those experiencing burnout, fatigue, or chronic stress.



05 | LOW-LEVEL LASER IV THERAPY

Low-Level Laser IV Therapy delivers specific wavelengths of laser light directly into the bloodstream. This light gently stimulates blood cells and stem cells, supporting improved circulation, cellular energy production, immune function, and tissue repair.

Different wavelengths are used to address distinct physiological needs—supporting mitochondrial health, reducing inflammation, enhancing oxygen uptake, and promoting nervous system and metabolic balance. This therapy works at the cellular level to improve communication, regeneration, and overall vitality.

The laser protocol is applied in a precise, step-by-step sequence aligned with the mitochondrial respiratory (breathing) chain. By working through these stages in the correct order, the therapy supports true mitochondrial repair—not just temporary stimulation or "boosting" of energy—helping restore cellular function at the root level.



06 | NAD⁺ IV THERAPY

NAD⁺ (Nicotinamide Adenine Dinucleotide) is a vital coenzyme found in every cell of the body, essential for energy production, DNA repair, and nervous system regulation. Levels naturally decline with age and environmental exposure.

Delivered intravenously for maximum absorption, NAD⁺ supports mitochondrial health—the powerhouses of the cell—helping improve mental clarity, physical vitality, and cellular resilience. This is deep nourishment for the body, supporting healing at the root.

07 | LASER BED



Red and infrared light (3,600 watts and 1,200 lamps each of red and infrared) penetrate deeply into the tissues, supporting mitochondrial function, cellular regeneration, circulation, and inflammation reduction. This therapy promotes deep relaxation while enhancing energy production at the cellular level, supporting recovery and overall vitality.

Red light, in particular, supports increased ATP production within the mitochondria, helping restore cellular energy, resilience, and repair capacity at the root level.



08 | CRYO CHAMBER THERAPY

Exposure to extremely cold temperatures for a short period of time (3 minutes / minus 166 Fahrenheit) helps reduce inflammation, improve circulation, stimulate cellular repair, and support nervous system resilience.

Cryotherapy can increase energy, reduce pain, and enhance mental clarity, while also supporting the body's natural detoxification processes. It is a true booster for recovery.

09 | INTERMITTENT HYPO-/HYPEROXIC THERAPY (IHHT)



While resting comfortably in a chair, the body is gently exposed to alternating low-oxygen and high-oxygen phases to stimulate deep cellular repair and regeneration.

During the hypoxic phase, the body experiences a low-oxygen environment comparable to an altitude of approximately 13,000–16,500 feet for about 5 minutes. This controlled stress signals the body to clear weak or dysfunctional mitochondria and unhealthy cells through a natural process of cellular cleanup (apoptosis).

This is followed by a hyperoxic phase of about 3 minutes, where oxygen levels are significantly increased. This phase stimulates the activation and release of healthy, resilient mitochondria and stem cells from the bone marrow, triggering powerful repair and regeneration throughout the system.

For many people, this process helps restore the body's natural ability to self-regulate—and regulation is key to all healing.

10 | SCHUMANN RESONANCE THERAPY

Schumann Resonance Therapy uses gentle electromagnetic frequencies to assess and support the body's natural balance and regulation.

During an 8-minute assessment, the device measures frequency responses that Petra uses to explore potential imbalances involving organs, muscles, nerves, and other body systems, including possible stressors such as bacteria, viruses, and parasites.

Based on the assessment, selected frequencies are applied with the intention of supporting nervous system regulation, cellular communication, and overall balance.

This gentle, noninvasive experience is designed to complement the retreat's other therapies.



11 | LASER HELMET THERAPY

The Laser Helmet uses specialized red and infrared light directed at the scalp to stimulate cellular activity in the brain.

This noninvasive therapy is being studied for its potential to support brain function, focus, memory, and nervous system health. The light interacts with cells involved in energy production and may help support the brain's natural processes.

During treatment, you simply relax while the helmet delivers light to targeted areas of the brain.



12 | FREQUENCY WAVE SYSTEM CHAIR

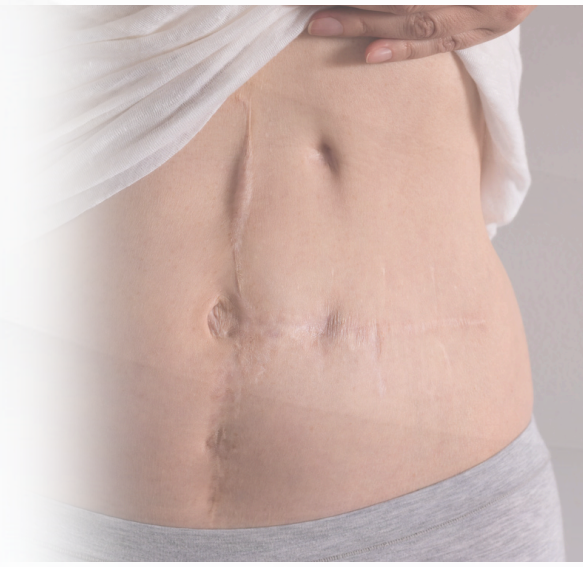
This chair uses gentle electromagnetic pulses to stimulate the pelvic floor and core muscles, while supporting circulation and lymphatic flow.

The treatment is designed to improve muscle strength, bladder control, and pelvic stability. It may be especially beneficial for women after childbirth and men experiencing prostate-related concerns.

A 20-minute session delivers repeated muscle stimulation while you simply sit and relax.



13 | SCAR TISSUE REPAIR & NEURAL THERAPY



Scar tissue can affect more than just the surface of the skin. Following surgery, injury, or trauma, scar tissue may develop around nerves, muscles, and connective tissue, sometimes contributing to pain, tightness, restricted movement, or lingering sensitivity—even years later.

Petra incorporates Neural Therapy to address areas where scar tissue may be interfering with normal tissue movement or nerve function. This approach focuses on identifying and treating areas of irritation, with the goal of reducing discomfort and supporting the body's natural healing processes.

From an energetic perspective, scars may also be viewed as areas where the body's natural flow has been disrupted. Petra's approach considers both the physical effects of scar tissue and its possible relationship to overall well-being. The intention is to help the body move beyond old restrictions—supporting greater comfort, mobility, and balance.

14 | SHAMANIC ENERGY HEALING SESSIONS WITH DANNIELLE BRYAN



Dannielle Bryan brings an extraordinary depth of experience, intuition, and wisdom to the retreat. A highly skilled shamanic and energetic practitioner, Dannielle has a remarkable ability to create a safe, sacred space where participants can explore the deeper layers of themselves—often reaching places that words alone cannot access.

Through personalized shamanic energy healing sessions, Dannielle works intuitively with each participant, drawing upon ancient practices, ceremony, and energetic techniques to explore emotional imprints, long-held patterns, unresolved experiences, and areas where individuals may feel disconnected or out of balance.

Her sessions may incorporate energetic clearing, chakra balancing, guided journeys, and other shamanic practices. Rather than following a fixed protocol, Dannielle meets each person where they are, allowing the experience to unfold according to their individual needs.

This work creates space for emotional release, personal insight, and a deeper connection to your inner wisdom. As Petra focuses on the physical and cellular body, Dannielle brings another dimension to the retreat—supporting the emotional and spiritual aspects of the healing journey.

This is where the science of the body meets the wisdom of the soul—an invitation to release, reconnect, and remember the wholeness within you.

OPTIONAL LAB TESTING & TREATMENTS

TO BE DETERMINED WITH PETRA DURING YOUR PRIVTAE HEALTH CONSULTATION



During your private health consultation, Petra will review your health history and discuss whether any *additional testing or exosomes may be appropriate for you.*



High-End Exosomes for Cellular & Mitochondrial Repair 650€

Exosomes are microscopic messengers that help cells communicate and play an important role in the body's natural repair and regeneration processes.

Our genetics can influence how our bodies manage inflammation, eliminate waste, and produce energy through the mitochondria—the tiny powerhouses within our cells.

Petra offers five different exosome formulations, selected according to individual needs. These therapies are being explored for their potential to support cellular communication, mitochondrial health, and the body's natural repair processes.

Combined with Low-Level Laser Therapy, Petra's individualized approach is designed to support cellular function and regulation, bringing together complementary therapies with the goal of supporting the body's natural healing processes.

OPTIONAL LAB TESTING



Comprehensive Blood Work 230€

ALL VITAMINS, ALL MINERALS, Q10, VITAMIN D, FERRITIN AND OMEGA 3 INDEX

A detailed panel to assess your overall nutrient levels and key markers.



Intense Stool Sample 220€

PATHOGENS AND GENETICS (MICROBIOME MAXI)

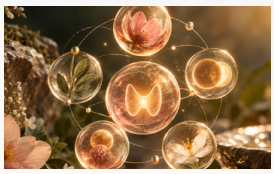
A comprehensive stool test that looks at your gut microbiome, checks for certain pathogens, and includes ***genetic insights.***



Personalized Genetic Testing 870€

UNDERSTANDING YOUR BODY THROUGH YOUR DNA

Explore how your unique genetic makeup may influence the way your body processes nutrients and medications, manages inflammation, and produces energy. These insights can help Petra personalize her recommendations for you.

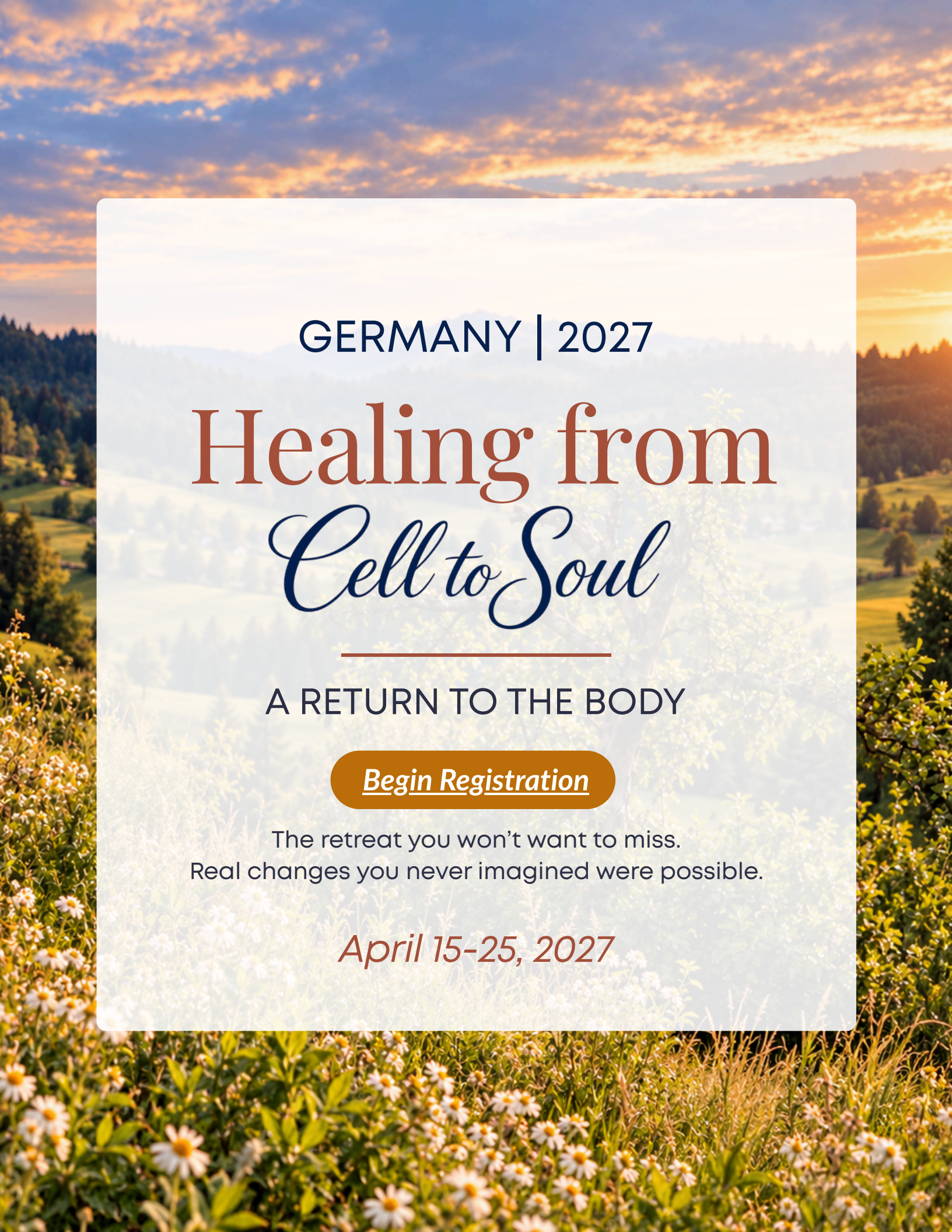


Hormone Test 181€

MALE / FEMALE VIA SALIVA

Measures key hormones including DHEA and cortisol, and also includes a reading on burn out.

Together, these therapies create a deeply supportive container for cellular nourishment, nervous system regulation, energetic clearing, and embodied integration. This is not a quick fix—it is a thoughtful, intentional reset that honors the body's innate intelligence and capacity for profound healing.


GERMANY | 2027
Healing from
Cell to Soul
A RETURN TO THE BODY
Begin Registration
The retreat you won't want to miss.
Real changes you never imagined were possible.
April 15-25, 2027