

From Protection to Connection

a retreat for singles

This retreat is for people who feel a sincere longing for relationship,
but who also want to meet themselves more deeply.



This is not a dating retreat. It is a space for self-knowledge,
presence and inner openness — a place to explore
the patterns, protections and fears
that may keep love at a distance.

Feb 12 – 14, 2027

Place: Freiburg / Haus der Erde
For: Singles
Food: Organic vegetarian meals
Accommodation: Limited rooms available
Booking / Questions: birgituiblein@googlemail.com

Welcome yourself



Welcome to a space for self-knowledge, presence and inner openness — a place to explore the patterns, protections and fears that may keep love at a distance.

Through honest inquiry, silence, sharing and simple practices, we create conditions for more openness, clarity and connection — with ourselves, with others and with life.

This retreat is not about physical contact or sexuality. There will even be silence between workshops in order to get to the roots of our own patterns.

There is no pressure to perform in any way.

By allowing ourselves to be seen by ourselves and by others transformation occurs. Many people attending the process we are doing in this retreat discover:

- a deeper sense of inner freedom
- greater emotional stability
- clearer perception in relationships with themselves and others
- less reactivity to thoughts, emotions, and other people
- a more natural sense of ease and authenticity

Practical Information

WHEN **Feb 12 – 14, 2027**

February 12

Check-in	16:30 - 17:45
Start	18:00
Soup	19:00 - 19:45
Evening session	19:45 - around 21:00

February 13

Wake up	07:00
Full day program healing	Breathing, meeting exercises, understanding protection patterns, through self exploration.
Evening ends	ca 21:00

February 14

Wake up	07:00
Full day program healing	Breathing, meeting exercises, understanding protection patterns, through self exploration.
End of the retreat	18:00

Saturday and Sunday 7:15 - 8:15

For participants staying overnight, there will be morning yoga before breakfast. It is also possible to arrive earlier and join the yoga session from 7:15 - 8:15, even if you are not staying overnight.

WHERE

Haus der Erde

Address: Dietenbach 1, 79199 Kirchzarten. Directly next to Gasthof zum Rössle (blue house)

(About 20-30 minutes from Freiburg city)

<https://www.erdbewegung-ev.org/>



LANGUAGE

The retreat will be held in English. Questions in German are welcome.

FOOD

Friday evening: light snack

Saturday: breakfast, lunch, dinner + snack

Sunday: breakfast and lunch

All food is vegetarian, ecological where possible, and prepared with love and care.

PRICE

Early Bird for the first 5 that book: **€300** until December 31, 2026

Regular Price: **€350**

ACCOMMODATION

Dormitory: €30 per night

It is also possible to **stay at home** and come for the daily program.

REGISTRATION & CONTACT

To register for the retreat or if you have any questions, please contact:

Email: Birgit Uihlein (Biggi): birgituihlein@googlemail.com
Website: www.kjellgustafsson.com

ARRIVING BEFORE THE RETREAT

If you wish, you are welcome to book a treatment or coaching session on the day before the retreat begins. This is a beautiful way to arrive more deeply within yourself even before the retreat starts and to prepare for the experience ahead.

The following sessions are available by advance booking:

- Shiatsu treatments with Birgit Uihlein
- Individual coaching sessions with Kjell Gustafsson
- Four-hand treatments with Birgit Uihlein and Kjell Gustafsson

As the number of appointments is limited, we kindly ask you to book these sessions in advance.

For more information, please visit:

Shiatsu: www.shiatsuinfreiburg.de

Coaching: www.kjellgustafsson.com

ENJOY YOUR TIME IN FREIBURG

You may wish to extend your stay and spend a few extra days enjoying Freiburg and its beautiful surroundings. It is a wonderful place to relax, explore nature, and simply enjoy time together.

With the Freiburg WelcomeCard, you can travel free on buses and trams for three days. It also includes admission to many museums and a round-trip ride on the Schauinsland cable car.

RETREAT LEADER



Kjell Gustafsson is an experienced retreat leader with a 25 year background in self-inquiry, Enlightenment Intensives, breathwork, yoga and transformative coaching.

He has led and co-led numerous retreats internationally and is known for a clear, grounded, and warm approach, combining depth with human simplicity.

His guidance emphasizes direct experience over theory, presence over concepts, and honesty over techniques.

Biggi Uihlein will be present throughout the retreat, offering attentive support and assisting with translation.



**Welcome
Kjell and Birgit**