

A bouquet of red and white tulips is the central focus in the foreground. The background shows a rustic dining room with wooden walls, a round wooden table with a pink and white patterned runner, and a large window with a view of a landscape. A framed abstract painting is on the wall.

Your Perfect Seminar Oasis
At the heart of Germany

Hosting is our nature...



Welcome to Gaia

An intimate space designed for meaningful retreats,
where the heart finds its home



A boutique seminar house in the heart of Germany

Gaia is an intimate retreat space for groups of 12–18 participants, surrounded by forest, silence, and natural beauty.

Nestled in the tranquil and verdant landscapes of the Werra Meissner natural reserve, at the heart of Germany, Gaia has been a cherished venue for countless seminars over the past 27 years. Surrounded by serene hills and tranquil woodlands, it offers a secluded and intimate setting ideal for your next group activity.

If you are looking for a homey, secluded, and serene location, Gaia is the perfect choice.

Gaia warmly embraces a diverse array of group activities including wellness, yoga, meditation, martial arts, inner work, spirituality, dance, personal growth, studies, corporate team retreats, as well as family gatherings and special events.

- Free parking for 10-12 cars
- Free WiFi



**CENTRAL
LOCATION**



**HOMEY
FEELING**



**SECLUDED
SPACE**



**SURROUNDED
BY NATURE**



**FULLY
EQUIPPED**



**NATURE VIEW
STUDIO**

Fully Equipped 75 sqm Garden-View Studio

- Sound system "Bose"
- LAN connection
- 1 Flipchart
- 1 Piano + Chair
- 18 Yoga mats
- 18 Yoga belts
- 36 Yoga blocks
- 12 Exercise mats
- 28 seminar chairs
- 20 warm blankets
- 18 meditation pillows.
- 2 Gongs
- 4 Floor chairs
- 2-seater sofa
- Candle holders
- Extension cord
- CD player

Our seminar activities take place in the stunning 75 sqm Garden View Studio, situated on the ground floor at the rear of the house, overlooking the forest. Featuring large windows, the room is flooded with natural light during the day, creating an uplifting atmosphere.

If you require any additional equipment not listed, please don't hesitate to inform us, and we'll make every effort to accommodate your needs.



Cozy and inviting rooms,
designed to make you
feel right at home



Scenic Dining Room with nature view, fits up to 20 guests

Gaia's dining room is oriented towards nature, boasting expansive windows that flood the space with natural light, creating an inviting and comfortable ambiance. Equipped with all the necessary facilities for your event, it offers a seamless experience. Adjacent to the dining area lies the hot drinks and snack section, ensuring convenience and refreshment for all attendees.



Passionate about saunas? We've got you covered with our sauna facility!

Gaia features a dry sauna that comfortably accommodates up to 6 individuals. Complete with a rest area and shower facilities, the sauna is adorned with vibrant and captivating décor, enhancing the overall experience.

Please note that the use of the sauna incurs an additional cost, which can be found on the subsequent pages for your convenience.





House Rental

We can accommodate up to 18 guests + 2 leaders in our cozy rooms and private suite. To preserve a peaceful and intimate atmosphere, we host only one group at a time.

During your stay, the entire house is exclusively yours — a private space to relax, connect, and feel at home.

Most of our groups choose 14–16 participants.
Typical retreat: €130–140 per person/day all included

Booking Packages

Simple & transparent pricing

Package A – Essential Retreat

up to 10 participants per day / night

Accommodation: €820
Catering (2 meals): €520
Seminar Room: €140

Total per day: €1,480
(Average €148 per person / day)

Package B – Full Retreat Experience

up to 16 participants per day / night

Accommodation: €976
Catering (3 meals): €1,056
Seminar Room: €140

Total per day: €2,172
(Average €135 per person / day)

Included in A&B Packages

- Exclusive use of the entire house
- Fully equipped 75 sqm seminar studio
- Vegan/vegetarian catering
- Tea, water, fruits & snacks available all day
- Bedding, 2 towels and full house facilities

Additional Costs

- Heating: (September-May): €170 / day
- Final Cleaning: €150 (one-time)
- Kitchen: (self-catering option): €100 / day

Optional Add-ons

- Sauna: €50 / hour (up to 6 people)
- Laundry: (self-service): €6 per load
- Espresso: €1 per capsule

Notes

- **Minimum stay:** 3 nights
- **Exclusive booking:** only one group at a time
- Final price may vary slightly depending on group size
- Free WiFi
- Free parking up to 12-15 cars

Short Stay Option

2 nights accommodation package

Total: €2,800 (incl. VAT)

- Exclusive use of the entire house
- Catering not included.

Room Types

Room Options

| Room Type | Price per person / night | Availability |
|-------------|--------------------------|--------------------------|
| Single Room | 70€ - 85€ | 4 rooms |
| Double Room | 55€ - 70€ | 3 rooms |
| Triple Room | 50€ - 60€ | 1 room |
| Shared Room | 45€ - 60€ | 1 room (up to 5 persons) |

Pricing Example

| Group Size | Single Room | Double Room | Triple Room | Shared Room | Average Price |
|-----------------|-------------|-------------|-------------|-------------|---------------|
| 10 participants | €75 | €70 | €65 | €60 | €80-90 |
| 12 participants | €75 | €65 | €60 | €55 | €75-80 |
| 14 participants | €75 | €65 | €55 | €45 | €65-70 |
| 16 participants | €75 | €60 | €50 | €45 | €60-65 |

Gaia's Food Experience

Nourishing Vegan/Vegetarian Cuisine

The food in Gaia is an exceptional experience and a real celebration. It combines Mediterranean flavors with healthy nutrition and passionate cooking, made with lots of love and attention. Gluten-free, lactose-free, and other dietary requirements are warmly accommodated.

Packages

2 meals per day: €52 per person per day

3 meals per day: €66 per person per day

Prices include VAT. Tap water, warm drinks, fruits & snacks all day

**Our catering service is based on a minimum of 10 participants.
For smaller groups, a minimum charge equivalent to 10 participants applies.**

Important to know

- A minimum of 4 hours is required between meals.
- Special dietary requirements or allergies are gladly accommodated.
- Gluten free €5 extra per person per day



Terms & Conditions

Payment Terms

- €250 deposit to secure the booking
- 50% payment 90 days before arrival
- Remaining 50% 30 days before arrival
- Catering payment 30 days before arrival

Payments can be made by the group leader or by the participants individually
We accept bank transfer or PayPal.

Cancellation Policy

We do our best to keep our cancellation terms fair and balanced for everyone involved.

- A €250 deposit is required to secure the booking and is non-refundable.
- Up to 90 days before arrival: free cancellation (excluding deposit).
- 30-90 days before arrival: 50% of the total amount will be charged.
- Less than 30 days before arrival: the full amount will be charged.

To proceed with booking, please follow these steps:

- Review and signing our standard agreement.
- Submit a deposit payment of €250 to secure your desired dates.

Please take note of the following:

- Your selected dates will be confirmed upon receipt of the deposit payment.
- Any alterations to your requested specifications will necessitate a new quotation.
- Our offers remain valid for a period of 5 days only.

Important to know:

- Gaia is an allergy-free house, therefore, pets are not permitted.
- The kitchen is certified for Vegetarian/Vegan use only.
- Smoking is prohibited inside the premises.
- Free parking space for approximately 10-12 cars is available in front of the house.
- Complimentary WiFi access is provided throughout the house.

How to get here with public transportation

ICE >> Direction: Kassel-Wilhelmshöhe

(Then take the STR4 tram at the platform outside of the station)

STR4 >> Direction: Bürgerhaus, Hessisch Lichtenau

(Get off at Stadmitte station - Takes 1.00 hours)

BUS 200 >> Direction: Stadtbahnhof, Eschwege

(Get off at Küchen station, then walk 10 minutes or call us)

Gaia Retreat House is located at the heart of Germany,
25 km east of Kassel.

Our address for navigation is:

Am Jägerhof 7, 37235 Hessisch Lichtenau



Here's what our clients have to say...



Coco Heinrichs

Heilpraktikerin für Psychotherapie
Mitglied im Verband Freier
Psychotherapeuten VFP

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Dear Anat, dear Eran, I am still very touched by your loving care and attention. After more than 40 years of seminar house experience, I can say without blushing: You are the best hosts. Above all, Eran's cooking is second to none. I have never eaten better. After 4 days I was concerned that I had gained weight but nooooo. The scale shows less - happy. I can warmly recommend you and hope to be able to offer you many more seminars. Our participants were also all very enthusiastic and it was almost a little difficult to endure the isolated silence phases while eating because the AHHs and Mmmms tumbled out again and again - giggles. All the best to you, love and beauty - LOVE.

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Anke Teigeler

Dance therapist BTd
Child / adolescent psychotherapist
Teacher Discipline of Authentic Movement

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After a few years in other conference centers I was able to be there for the first time since the reopening of the Gaia with a retreat group of the exercise path Authentic Movement. Through your hospitality, openness, flexibility, and wonderful food filled with new surprises every day, Gaia is the place I want to be and have found a space for the Discipline of Authentic Movement. Thank you from the heart Anat and Eran.

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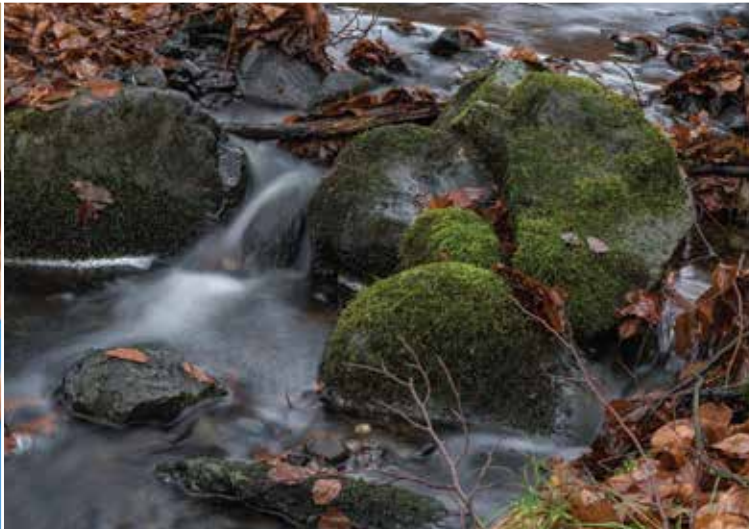
Christof Langholf

Dipl.-Psych., Head of the ile lease
Academy for Integral Development

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For the first time since the reopening of Gaia, I was back in Gaia after a few years break. Anat and Eran were fantastic hosts with an incredibly delicious hospitality that is second to none. Overall, it has become easier and, of course, benefits from the renovations of Anat and Eran. I felt even better in GAIA than in earlier times - as well as the participants in my male education with whom I was there. Thanks, Anat and Eran, may your place continue to blossom!

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Meet the passionate minds behind Gaia

Gaia Retreat House was founded in 2017 by Eran & Anat. Since its inception, the establishment has served as both a seminar house and a wellness center.



Eran Eisen

Eran is an ex-graphic designer & international model. Both careers made him travel the world and live in many places.

Before arriving in Germany he was involved in an innovative startup creating the first international supermarket online.

He is passionate about cooking, loves to host, and especially to socialize spreading his love to people.



Anat Feingold

Anat has been a yoga and meditation teacher, therapist, and spiritual guide since 2004.

She teaches body and life energy flow reading through body posture and feet and loves nature science, cooking purifying food, using wild herbs, and creating space for people to remember their true nature.

Anat was certified as a Yoga teacher in Yoga Vidya Germany.

Contact

**For any further info,
please do not hesitate
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