A bouquet of red and white tulips is the central focus in the foreground. The background shows a rustic dining room with a wooden table, a red and white patterned tablecloth, 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's calling...



**Welcome to Gaia**  
Where the heart finds its home



# A boutique seminar house in the heart of Germany

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're in search of a homey, secluded, and serene location, Gaia is the perfect choice for you.

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 Seminar Room

- Sound system "Bose"
- LAN connection
- 1 Flip board
- 1 Piano + Chair
- 16 Yoga mats
- 10 Yoga belts
- 18 Yoga cubes
- 12 Exercise mats
- 28 seminar chairs
- 20 warm blankets
- 16 meditation pillows.
- 2 Gongs
- 4 Floor chairs
- 2 Sitter 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

**10 hosting rooms for max 18 people  
plus 2 leaders.**

- 4 - Single rooms
- 3 - Double rooms
- 1 - Triple room
- 1 - Shared room for five
- 1 - Private suite for two leaders

At Gaia, our rooms exude a sense of homeliness, comfort, and intimacy. Each room has been meticulously renovated and redecorated, offering its own unique ambiance. The inviting atmosphere at Gaia often prompts many of our guests to re-book the same room they stayed in during their previous visit.

Our rooms are spread across three floors, providing a variety of options for accommodation. If you'd like to plan the division of seminar rooms in advance, feel free to request Gaia's room drawings from us.

In addition to the cozy rooms, Gaia also offers common areas for gatherings and relaxation. These include a welcoming living room with a fireplace, a TV lounge, a sauna area, and a personal sessions clinic. All of these amenities are available for the benefit of seminar leaders and guests alike.



## Scenic Dining Room with nature view, fit 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.

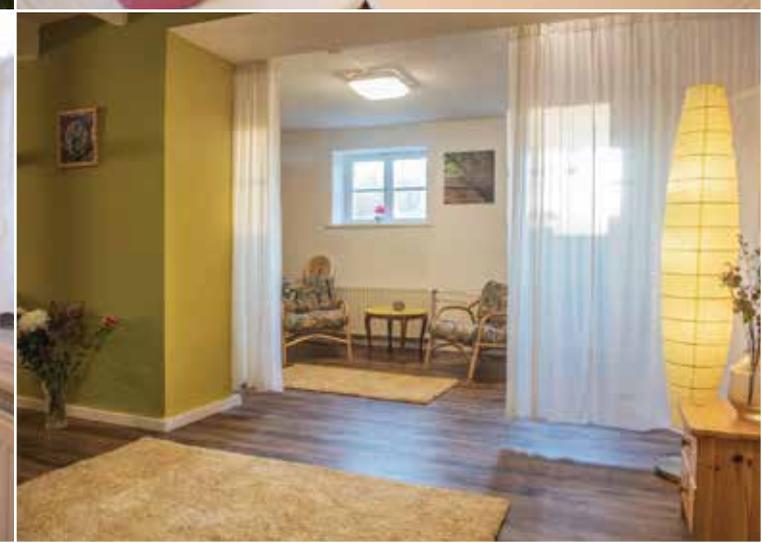
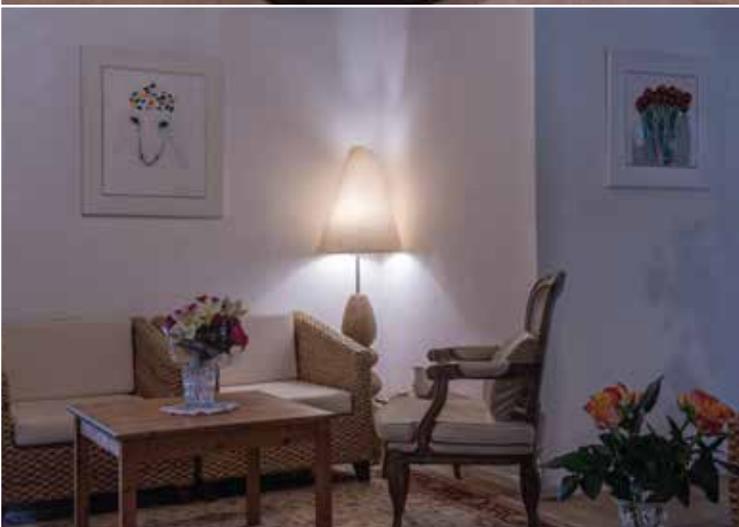


## Passionate about saunas? We've got you covered with our sauna facility!

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.





# Affordable prices

To provide you with an initial understanding of our pricing structure, we've outlined our standard rates here. However, please note that the final price quotation will be tailored to your specific group size and the duration of your event.

**The rate for a 2-night rental is a fixed €2,400 plus 7% VAT.**

**€790 per day for min 3 night** (prices are including V.A.T. Tax)

Participant	Ave. price pp	Single room	Double room	Shared Room
18	€43	4 Persons * €56	6 Persons * €46	8 Persons * €36
15	€52	4 Persons * €60	8 Persons * €52	3 Persons * €45
12	€65	4 Persons * €74	8 Persons * €62	

The prices listed cover accommodation only and include bedding, along with two towels per person.

**€690 per day for min 7 night** (prices are including V.A.T. Tax)

Participant	Ave. price pp	Single room	Double room	Shared Room
18	€38	4 Persons * €50	6 Persons * €42	8 Persons * €30
15	€45	4 Persons * €55	8 Persons * €45	3 Persons * €37
12	€58	4 Persons * €64	8 Persons * €54	

The prices listed cover accommodation only and include bedding, along with two towels per person.

## Additional renting costs

**Seminar room rent:** €120 per day (including all facilities)

**Final Cleaning:** €150 once (during the group activity it is a self-cleaning)

**Heating** (when used): €150 per day

**Kitchen rent for Self-Catering:** €100 per day for kitchen usage (including all facilities)

## Optional Extras

**Sauna:** €50 per hour  
(fit up to 6 people at once)

**Espresso:** €1 per capsule

**Self-laundry:** €6 per load  
(washer & dryer inc. soap)

## Optional Extra nights

**With Dinner & Breakfast**  
€60 per person per night

**With Breakfast only**  
€48 per person per night

# Food & beverage

We are pleased to offer Vegan or Vegetarian meal options for your group, with up to three meals served daily. These prices encompass a breakfast buffet, a hearty lunch, and a light dinner. Moreover, warm beverages, tap water, fresh fruits, and snacks are readily available throughout the day for your group's enjoyment. **Our catering service requires a minimum of 10 participants & 3-night rental.**

## Price

**2 meals a day:** €48 per person per day

**3 meals a day:** €58 per person per day

Prices include V.A.T. Tax

## Standard Meals Schedule

**2 meals a day:** Brunch 11:00 | Dinner 18:00

**3 meals a day:** Breakfast 08:00 | Lunch 13:00 | Dinner 18:00

## Important to know

- Meal times are scheduled for 45-60 minutes.
- All guests are kindly requested to arrive on time for meals.
- Flexibility of up to one hour may be accommodated upon request.
- A minimum of 4 hours is required between meals.
- Special dietary requirements or allergies are gladly accommodated.



# Terms & Conditions

## Terms of payment

- 50% to be paid 90 days before your seminar arrival date.
- The remaining 50% is to be paid 30 days before your seminar arrival date.
- Payment for the catering is due 14 days before your arrival day.
- Payments can be made by the leader or by the participants.
- We accept bank transfer or PayPal.

## Cancellation policy

While calculating the risks, we have done our best to moderate our cancellation policy as much as possible to ensure mutual comfort for both parties involved.

- Any cancellation made after signing the agreement will result in forfeiture of the €250 deposit.
- Cancellations made less than 90 days before the booking date will incur a non-refundable charge of 50% of the total booking fee.
- Cancellations made less than 30 days before the booking date will result in the entire booking fee being non-refundable.

## 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 7 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

//

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.

//



**Anke Teigeler**

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

//

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.

//



**Christof Langholf**

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

//

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!

//



# 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  
to contact us:**

[eraneisen@hotmail.com](mailto:eraneisen@hotmail.com)

**Eran's Handy**

**+49-(0)176-3460-8425**