



CAL REIET

HOLISTIC RETREAT

## “A Healing Journey”

With Henning Bensland & Johanna Lundström  
and Stefan Stolczewski

20 – 25<sup>th</sup> of June 2025



*A journey of thousand miles begins with a single step. -Lao Tzu*



# CAL REIET

H O L I S T I C R E T R E A T

## Dive deep into the heart of healing

Are you ready to move beyond surface-level fixes and explore the root causes of your discomfort or distress? Join us for six immersive days at Cal Reiet, where we blend Compassionate Inquiry® and psychotherapy with embodied movement practices, meditation, breathwork, buddhist contemplative practices and shamanic journeys. Our approach is designed to uncover and transform the hidden patterns - physical, emotional, and mental - that have kept you stuck, guiding you toward a more authentic and vibrant life.

This retreat is an invitation to dig deep into the origins of your challenges through real experiential work. Through live process work we'll help you identify the underlying beliefs, emotional narratives and sensations that manifest as discomfort or disease in you; those influences that are keeping your body in a stress response undermining your every effort to change. You see, most of us are not stuck because we don't know what to do – we're stuck in unconscious patterns that keep getting in the way of doing it.

Our experienced facilitators, Johanna, Stefan, and Henning, bring wisdom from somatic psychology, psychotherapy, Buddhism, yoga, meditation and shamanic practices. Together, we'll create a supportive space where every participant in the group plays a vital and unique role in holding a powerful healing field.

Whether you are a seasoned practitioner or new to this kind of transformative work, and whether you're seeking a catalyst for change or a deep healing journey, you'll gain valuable insights and practical skills to cultivate a greater sense of wholeness in every aspect of life. You'll leave with the tools and insights needed to foster profound, lasting change.

Expect laughter, tears, sharing, and meaningful conversations. Previous participants have called this one of the most life-changing experiences they've had.

Come along. We're ready to dive deep - and we can't wait to do it with you!

With love,  
Henning, Johanna & Stefan



# CAL REIET

H O L I S T I C R E T R E A T

## Retreat highlights

**Framework for growth and healing:** learn how your story and personality traits can become stepping stones for growth and connection.

**Experiential practices:** participate in body-oriented psychotherapeutic process work, reflective exercises, group discussions, guided meditation, breathwork and embodied movement sessions to foster understanding and enhance self-compassion and resilience.

**Embodying emotions:** we will explore how emotional narratives and adaptive strategies form over time, and how they can be re-framed to cultivate wholeness and well-being.

**Scientific insight and Wisdom traditions:** integrating insights from neuroscience, somatics, psychology, contemplative buddhist practices and shamanic wisdom, we will expose the science behind behaviour, neuroplasticity, integration, and relational compassionate based healing.

## About the facilitators

### Johanna Lundström

Johanna is a co-founder of Cal Reiet where she also offers private healing sessions. 19 years ago, the unexpected loss of her brother set her off on a deeply personal journey. Drawn to yoga and the art of deep self-inquiry, she began listening to the language of her body and breath, ultimately embracing body-oriented psychotherapy as a way to reclaim her inner wholeness. Her own experiences of pain, loss and burnout have shaped Johanna's unique approach to healing. Integrating Compassionate Inquiry®, Biodynamic Craniosacral therapy, Internal Family Systems, shamanic wisdom, and the practical science of yoga, she guides individuals, couples and groups to explore the roots of their discomfort.

Johanna believes that within each of us lies an innate intelligence, capable of healing and transformation when nurtured in the right conditions. In her gentle, unwavering presence, Johanna creates a heartfelt space where you feel truly seen, heard, and understood - empowering you to embrace your truth.

With the invitation to live life your unique way, Johanna compassionately accompanies you on the journey towards reclaiming your authenticity, one embodied moment at a time.



# CAL REIET

H O L I S T I C R E T R E A T

## **Henning Bensland**

Henning was a successful entrepreneur when being diagnosed with MS 19 years ago from where he started his long and challenging healing journey. Additionally he also experienced two earlier depressions that helped him to deeply understand the importance to heal his psyche and to strengthen resilience. He is educated in body psychotherapy, Essential Psychotherapy, Compassionate Inquiry, mindfulness and awareness training. He uses well proven methods that have been effective for others and in his own embodied healing journey connecting body, mind and spirit. His teachings are practical and done with an open heart. He and his wife Petra founded Cal Reiet with the aim of creating a true holistic healing retreat and also works as an in-house therapist. They and their 3 children live in Zürich.

## **Stefan Stolczewski**

Stefan is a Diplom-Psychologist, Psychological Psychotherapist (focus on CBT = Cognitive Behavioral Therapy), Therapist in Essential Psychotherapy (EPT), Therapist in Acceptance and Commitment Therapy (ACT) and Therapist in Clarification Oriented Psychotherapy (COP).

From an early age, Stefan's interest was directed towards human experiences and behaviors. Consequently, after graduating from high school, he studied psychology. Supporting people in their suffering and mental illnesses was a central concern for him, leading him to initially pursue basic training as a Psychological Psychotherapist with a focus on Cognitive-Behavioral Therapy. He then underwent further therapeutic training in Clarification-Oriented Psychotherapy (COP) and, most recently, in Essential Psychotherapy (EPT) and Acceptance- and Commitment-Therapy. He has gained diverse experiences in outpatient and inpatient settings, including working with psychosomatically ill or drug-dependent people, as well as counseling parents, children and adolescents.

Since 2021, partly due to significant life changes, Stefan is increasingly interested and dedicated to Buddhist Psychology and Psychotherapy. This is coupled with a desire to integrate the teachings and experiences into his daily therapeutic work with people, aiming to support healing experiences and processes. Similar to Johanna and Henning, Stefan's approach in his work is less about a conservative, pathologizing view of people's suffering and more about a holistic and spiritual perspective.



# CAL REIET

H O L I S T I C R E T R E A T

## DAILY PROGRAM

### DAY 1 Friday

- 15:00 – 16:00 Check in
- 16:00 – 18:00 Opening Circle
- 18:30 – 19:00 Welcome drink
- 19:00 – 20:00 Dinner

### DAY 2 Saturday

- 07:00 – 07:30 Meditation
- 07:30 – 09:30 Breathwork & Movement
- 09:30 - 11:00 Brunch
- 11:30 - 13:30 Somatics & Psychotherapeutic practices
- 16:00 - 17:30 Somatics & Psychotherapeutic practices
- 18:00 - 19:00 Dharma & Meditation
- 19:30 – 21:00 Dinner

### DAY 3 Sunday

- 07:00 – 07:30 Meditation
- 07:30 – 09:30 Breathwork & Movement
- 09:30 – 11:00 Brunch
- 11:30 - 13:30 Somatics & Psychotherapeutic practices
- 15:00 - 16:30 Dharma & meditation
- 17:30 - 19:30 Innerdance Journey
- 19:30 –20:00 Dinner

### DAY 4 – Monday

- 06:00 – 08.30 Sunrise Hike
- 09.00 – 11.00 Brunch
- 11:30 – 13.30 Somatics & Psychotherapeutic practices
- 16:00 - 17:30 Shamanic Journey & Group sharings
- 18:00 - 19:00 Dharma & Meditation
- 19:30 – 21.00 Dinner



# CAL REIET

H O L I S T I C   R E T R E A T

## DAY 5 – Tuesday

- 07:00 – 07.30    Meditation
- 07:30 - 09.30    Breathwork & Movement
- 09:30 – 11.00    Brunch
- 11:30 – 13:30    Somatics & Psychotherapeutic practices
- 16:00 – 17:30    Resourcing practice
- 18:00 – 19:00    Dharma & Meditation
- 19:30 – 21:00    Dinner
- 21:00 – 22:00    Fire Ceremony

## DAY 6 – Wednesday

- 07:00 – 07.30    Meditation
- 07:30 - 09.30    Breathwork & Ice Bath
- 09:30 – 11.00    Brunch
- Before 11:00    Check out of the rooms
- 11:00 – 11:30    Closing circle

*\* Schedule subject to changes*



# CAL REIET

H O L I S T I C   R E T R E A T

## REGISTRATION

To make your reservation, please contact [enquiries@calreiet.com](mailto:enquiries@calreiet.com) or alternatively call us at (+34) 971 947 047.

We look forward to having you with us!

