

SUSANNE VON DER BECKE



# FREEDOM

A TRANSFORMATIONAL WEEKLONG  
MINDFULNESS, YOGA & BREATHWORK RETREAT



March 14-20, 2026  
La Rosa dei 4 Venti, Puglia

# DIVE DEEP TO RISE HIGH

## RETREAT PHILOSOPHY

Join us on a transformative journey where ancient wisdom meets modern science. This year's theme is Freedom. True freedom begins when you let go of old patterns, trust the wisdom within your heart, and learn to lead your life with greater clarity and ease.

Throughout this retreat, we'll delve deep into the realms of mindfulness, drawing from both time-honored traditions and cutting-edge research.

Our mission is to help you find presence, tranquility, and a profound connection with your heart. Through a harmonious blend of mental and physical practices, we create a nurturing environment for self-discovery and personal growth, allowing you to integrate past experiences and set a clear path towards your future.

Each day is thoughtfully curated to encompass a variety of experiences, including enriching meditations, revitalizing yoga sessions, and mindful journeys through nature's serene landscapes. Parts of the retreat will include longer periods of silence. While our retreat grounds offer a peaceful sanctuary for introspection, you will also have the opportunity to explore the breathtaking surroundings of Puglia.

Our teachings are rooted in the wisdom of diverse Buddhist schools, such as Vipassana and Mahayana Traditions, as well as classical pranayama and contemporary breathing practices. We integrate mind-body and functional medicine coaching, drawing from over two decades of personal practice. Our approach is further enriched by our extensive professional backgrounds in the business and non-profit sectors, as we aspire to make a positive impact in the world.



# RETREAT SCHEDULE

## Saturday March 14<sup>th</sup> , 2026

9h00-9h30	Morning Meditation (for early arrivals)
9h30-11h00	Yoga (for early arrivals)
11h00	Brunch / Visit nearby Village
15h30	Tea Time
16h00-18h30	Welcome & Introduction, Meditation
19h30-20h30	Dinner
20h30-21h00	Evening Meditation, Silence

## Sunday, March 15<sup>th</sup> – Thursday, March 19<sup>th</sup>, 2026

7h30-8h00	Morning Meditation
8h00-9h30	Yoga & Pranayama
9h30-10h00	Tea & Coffee Break
10h00 -11h00	Introduction Daily Topic & Meditation
11h00 –15h30	Brunch & Free Time
15h30-16h30	Mindful Movement
16h30-17h00	Tea & Coffee Break
17h00-18h30	Further Input on Daily Topic & Meditation
19h30-20h30	Dinner
20h30-21h00	Evening Meditation Silence until 10h next day

## Friday, March 20<sup>st</sup>, 2026 Departure Day

7h30-8h30	Meditation & Yoga
8h30-9h00	Pack up rooms
9h00-10h00	Breakfast & Departure

Early arrival on Friday 13<sup>th</sup> is possible at no extra cost. One afternoon will be free to visit a beautiful Apulian village or seaside. We will spend one full day in silence.



## SUSANNE VON DER BECKE, PHD

My work is driven by my desire to serve and help people create positive impact in their lives and for those around them.

In my teachings, I blend ancient wisdom with modern scientific insights, complex systems thinking, and real-world examples for those who seek to create positive impact at this critical time in history.

I am the author of *Conscious Impact: Mindful Leadership for Meaningful Change* (Triarchy Press, 2025), Founder, and Board member with a background in finance. I actively support The Klosters Forum, a unique environmental nonprofit driving positive change, which I chaired for several years. I am also a Certified Transformational Breath Coach and Mindfulness Meditation Teacher, trained by Jack Kornfield and Tara Brach, and accredited by UC Berkeley's Greater Good Science Center. I hold degrees from the London School of Economics, Harvard Business School, and a Ph.D. in Science from ETH Zurich.

My life is my practice. In both work and personal life, I strive to lead with intention and deepen my understanding of our interconnectedness. I'm grateful for a loving husband, two nine-year-old children, and time spent in nature—especially with my two dog and my horse.

<https://susannevonderbecke.com/>



## CONSTANZE LULLIES

My intention is to support my clients along their personal journey of transformation, fostering their trust in their inner wisdom, encouraging them to develop a deep friendship with their body and mind and experience more joy in their lives.

Drawing from over two decades of dedicated personal practice and extensive study across diverse schools of yoga, mindfulness, and personal development, I have cultivated a profound understanding of ancient traditions and contemporary scientific insights. In my holistic approach I draw on my experience as certified yoga teacher (RYT® 500), mindfulness teacher (MMTCP with Jack Kornfield and Tara Brach), health coach (Functional Medicine Coaching Academy & Healers' University's Epigenetics Coaching Program), and psychological counselor (ZHAW).

I hold a BA in Social Anthropology from the London School of Economics and a Mphil in Social Psychology from the University of Cambridge. I am founding board member of MoMento Swiss.

The deepest sources of my joy and my learning are my "live-in Zen masters" – my eleven-year-old twins –, my supportive husband, my loving family, and the invaluable connections forged with inspiring friends and clients.

<https://constanzelullies.com/>

# THE PLACE



The retreat takes place at marvelous La Rosa Dei 4 Venti in Puglia, an ancient 17th century Monastery and “Masseria” (farmhouse), located a short distance from Martina Franca, a town halfway between Adriatic and Ionic Sea.

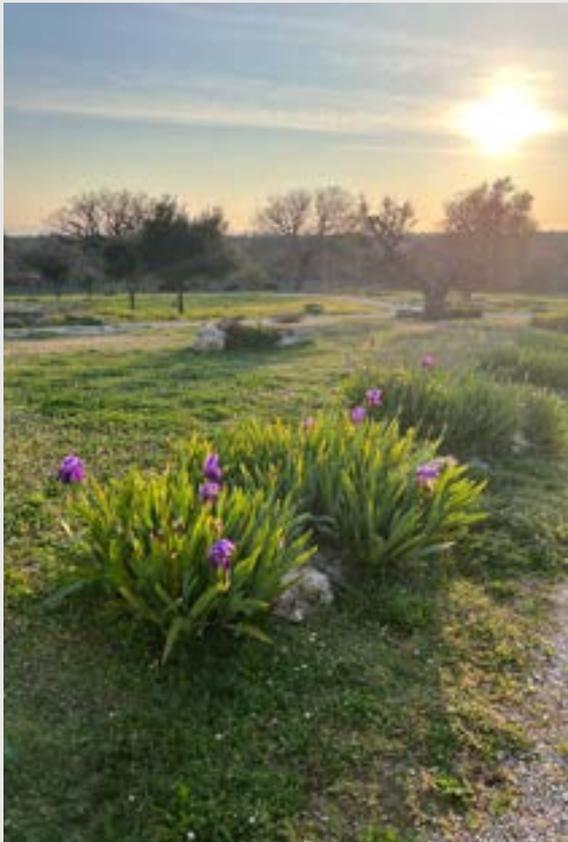
The beautiful private retreat center includes:

- Manor house with a wide dining patio area
- 10 rooms, double or single use
- Number of participants for this retreat is limited to ca. 12 participants
- Large and bright Yoga Shala
- Wide glass gazebo room overlooking the open garden
- Private forest with a meditational path in the woods
- Swimming pool and various quiet areas to relax and meditate
- Delicious food (brunch and dinner), alkaline vegan, vegetarian and gluten free

# IS THIS RETREAT FOR YOU?

If you seek a respite from the chaos of daily life, a chance to reconnect with your inner self, and an opportunity to nurture your physical, mental, and spiritual well-being then this retreat may be the perfect fit.

At our retreat, we extend a warm welcome to both novices and seasoned practitioners alike. We specifically encourage those who are willing to delve deep into their inner realms, as significant portions of the retreat will be enveloped in silence.



## HOW TO GET THERE:

Main Airports/Stations:

Bari Airport (Karol Wojtyła) 1h30min from the Retreat Center. [Directions](#)

Brindisi (Salento Airport) 55min from the Retreat Center. [Directions](#)

Ostuni Train Station (there are direct night trains from Milan).

Ground transportation available 24h from/to any destination needed/required.

Please email La Rosa to arrange your transfer at [info@larosadei4venti.org](mailto:info@larosadei4venti.org)

# JOIN US



The retreat center will be used exclusively by our group. The price includes full board six nights, including accommodation, brunch, dinner, non-alcoholic beverages, wifi, as well as all yoga and mindfulness instructions. Excluding alcoholic beverages, massage and shuttle.

1 x Single Small Room CHF 2'850  
5 x Single Regular Rooms CHF 2'950  
3 x Single Large Rooms CHF 3'050  
3 x Double Large Rooms CHF 2'350 p.p.

To reserve your place, a non-refundable deposit of CHF 500 is required. The remaining balance is due by January 15, 2026.

If you'd like to register please email [s.vonderbecke@vdbinsights.com](mailto:s.vonderbecke@vdbinsights.com)  
or [contact@constanzelullies.com](mailto:contact@constanzelullies.com)

Watch the video [here](#).

Space is limited to 12 people. Register now.

